

# RAMSEY & WARBOYS REPORTER

ISSUE 10 • APRIL 2016

COVERING LOCAL  
NEWS, SERVING  
LOCAL PEOPLE

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## AT LAST! SKATE PARK PLANS APPROVED

It's been 20 years in the making, but Ramsey residents will finally have access to a skate park of their very own in the near future.

As part of a Seagate Homes development just to the north of Ramsey Town Centre, the new park will sit alongside a range of family housing.

To read the full, behind the scenes account of how the new park and the surrounding estate came into being, turn to page 8

## Burton Brothers win service award again

For the third time, Burtons have won the Customer Excellence Award, recognising their superior service record. The Customer Excellence Awards defines the local showroom as a top performing retailer for the quality of service they give to, their customers. It shows outstanding customer focus and dedicated service.

Vauxhall update their index of Retailer performance using Purchase Satisfaction and Service Satisfaction surveys. Customers were invited to take part in both surveys after buying a new Vauxhall and after their vehicle was serviced for the first or second time. Thousands of these surveys are collected – a recent tally came to over 30,000

of each survey over six months. Presented to the staff in early March, the award will be proudly displayed amongst the current collection.

Burton Brothers previously won the award last year and in 2012.

For more on this story,  
**turn to page 36**



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Each month, we bring you the best selection of news, views and what's on in the Ramsey area - written and produced locally and delivered FREE to your door.

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If you have a story or if you know of an event which may be of local interest please let us know; we can publish it in your newspaper, The Ramsey & Warboys Reporter

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<https://rwrstories.wordpress.com/>  
**Did you miss it?**

## Air-crash near Holme

Thanks to an eagle eyed source, we were able to break news of a light aircraft crash at Connington airfield in the early days of this month. For those of you who missed the story posted online, here is a condensed account:

The aircraft came down around midday in the area of the main runway, with emergency vehicles immediately called to the scene. Police, fire and ambulance services were all in attendance, with Magpas Helimedix having flown to the scene. Sources indicated there were no casualties, with the pilot having possibly suffered a number of fractures.

A spokesperson for the ambulance service later stated that one man, the pilot, was taken to hospital with multiple broken bones. The spokesman also confirmed that the Air Accident Investigation Branch were aware of the incident.

Later in the week a statement from the charity MAGPAS has confirmed that one man was taken to Peterborough City Hospital by its Helimedix team, following a crash at Peterborough Business Airport near Holme.

A statement from the organisation reported that "at 11.50am on Saturday morning (27th), Magpas Doctor Steve Corry-Bass and Paramedic Ryan Warwick landed at an airfield near Peterborough via the air ambulance to treat a man injured in a light aircraft crash."

"The Magpas team assessed the man (in his 40s) who had suffered a serious leg injury. The team sedated the patient before accompanying him by land ambulance to Peterborough City Hospital where he was in a stable condition upon arrival."

EEAST Ambulance Service and Cambridgeshire Fire and Rescue Service were also in attendance, and the Air Accident Investigation Team has been made aware of the incident.

Yoo-Hoo! A Review!

Given our extended edition this month, we felt it only fair that our renewed arts section featured the final articles written by our former chief reviewer Catherine Verrecchia, although they are still available on our companion blog RWRstories.wordpress.com

## Searching for a Spark

I caught myself reminiscing this month. Given my relative youth, it is a rare occasion that a memory creeps up on me suddenly, and yet this one hit me smack in the face.

Amazingly, it's been three years since I fell in love with newspapers. I could wax lyrical about the feeling of seeing my name in print or make up something about a bolt of inspiration that struck me upon reading some beautifully conceived article. But that didn't happen. It crept up slowly, mostly without me even realizing, until suddenly it was the only future I could possibly conceive for myself.

Anyway, back to my point. I'm mixing up a new playlist to write to, having lost many a thought to the familiar music of my former backing tracks, when I come across, of all things, Daft Punk's Get Lucky, first introduced to me as I sat formulating a page in my first ever newspaper office, that of Reading's SPARK\*, a former title given to the student newspaper. I think it goes under a different name now.. I'll have to look that up. It was just the three of us in the room, from what I remember; one deputy editor whose views on journalistic integrity helped form my first opinions on the subject, and the editor herself, a woman I still greatly admire and respect. At one point, I believe I even approached her with regard to one of my first editorial ventures (a lofty step matched only by its catastrophic failure) although I never received a reply, which turned out to be a very erudite decision on her part.

From what I can remember, I'm sat in this room doing something that I don't recall and one of the others puts this new hit on, remarking at the time that it was pretty



**ADAM THE EDITOR**

good and could chart well (we didn't predict its rise to number one!). We end up joking about something, debating something else, and for the first time I honestly enjoyed being part of this newspaper team, this small group of interesting people that desire nothing more than to inform and entertain via their respective pages.

My point is that you can never be sure when inspiration will strike. It is something I spend my entire life looking for, that spark that sets you down a path you never considered. It is with this in mind that I welcome a new writer to the fold, Bryony Smith, a young reporter who has generously agreed to share her time and incredible talent with both us and the excellent team who produce the Ramsey Neighborhood News.

Perhaps it is too much to hope that the words of this edition might light that flame of creativity within a reader, but if it does, we would love to hear from you. We are always expanding, looking for new ideas for features, interesting people to speak to and of course new and exciting talent to contribute to our pages. Nothing is off limits, we already have guest contributors ranging from accountants to physiotherapists, students to businessmen. We are here to hear you, and I look forward to receiving your call.

## Vara Visits Molesworth

Local MP Shailesh Vara MP led a delegation meeting with Defence Minister Mark Lancaster to discuss the future of RAF Molesworth.

He was accompanied by Jonathan Djanogly MP, Cllr Jason Ablewhite, Executive Leader of Huntingdonshire District Council and Cllr Jim White, who represents Ellington Ward in which RAF Molesworth is situated.

The meeting follows the announcement made last year that the US Air Force, who are currently based at the site, will be moving out sometime during 2020-2023.

Mr Lancaster said that no decisions had yet

been taken as to the future of the site and he made clear that he is sensitive to local views, giving an assurance that whatever decision is taken, he will ensure that the MoD works closely with the local community.

Following the meeting, Mr Vara, in whose constituency the airbase is situated, said "I am grateful to Mr Lancaster for agreeing to meet with us. It was a very useful meeting during which he explained that no final decision has been taken on the site's final use. I am particularly pleased to receive an assurance from him that the MoD will work closely with the local community and its representatives as matters progress".





## THRILL SEEKERS SCALE RAMSEY WIND TURBINE FOR BASE JUMP STUNT

Cambridgeshire Constabulary have publicly criticised thrill seekers who scaled a 400ft wind turbine in Ramsey before parachuting off.

The incident took place at about 7pm on Saturday the 12th of March, as adrenaline junkies used a crowbar to break into the door at the base of a wind turbine in St Mary's Road.

Through an interior staircase, they were then able to access a hatchway onto the roof before leaping from the top of the turbine, performing a low opening parachute jump

known as base jumping. It has since been confirmed that none of the participants were injured during the stunt.

A spokesman for Cambridgeshire police: "Not only has a criminal offence been committed by breaking into the wind turbine, but this act was extremely dangerous and could have ended horribly. We would like to remind members of the public about the dangers of such activity and advise against any such actions."

Anyone with information about the incident is asked to contact police on 101 or Crimestoppers, anonymously, on 0800 555 111.

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## Help bring the 'Swinging Sixties' back to Ramsey

by Val Fendley

Community Development Worker



**The date and theme are set. Saturday 9th July is carnival day with the procession leaving Stocking Fen Road (Rainbow Surgery car-park) at 1pm.**

The theme is 1960s - anything from this decade goes. It could be the music scene, flower power/Austin Powers type costumes, television programmes or films from the 60s, the world cup win or perhaps the first ever moon landing.

The Carnival committee has been working hard since the start of the year planning the event and this year Ann Cuthbert, Ramsey Promotions Officer and I joined them to see how we could help. Like many other community event teams the carnival committee are a small dedicated group of volunteers who have a keen interest in keeping community spirit alive and well in Ramsey. Hats off to them, they do a wonderful job!

The carnival does need your support though. Candy Dodsley, Chair of the Committee explains more.

"We're particularly keen to see more participants in the carnival parade, particularly in/on vehicles. This could be a tractor and trailer, horse drawn cart or the traditional open sided lorries. Perhaps there are some vehicles from the 1960s still around locally. Why not join in?"

The carnival really is part of Ramsey's history as you'll see from the old images kindly provided by Cambridgeshire Community Archives Network <http://ramsey-and-district.ccan.co.uk/>

Why not get involved this year and help to create special memories of Ramsey in 2016. Groups can do their bit by dressing-up and walking along with the procession even if you don't have a vehicle. The route goes through Ramsey Town Centre along the Great Whyte, up the High Street where it

# Ramsey Carnival Needs You!

turns at Hollow Lane making its way to the event field at Abbey College.

Local support is also required at the event field. Community groups can take a stall outside for just £8 or inside for £16. The committee has organised bouncy castles, activities for children and entertainment for the whole family. There will be performances by Urban Dance Academy, demonstrations of martial arts and a great opportunity to sing along with a local band who will be performing songs from the 1960s.

Ramsey carnival has both inspired and been inspired by carnivals in St Ives, which last year went with a similar sixties theme, evoking some bizarre and beautiful floats created by the three local primary schools. Huntingdon has also expressed an interest, with the Mayor bringing back their carnival after a distinct period in inactivity.

We at the *Ramsey and Warboys Reporter* may be biased, but we believe we can top any of these local competitors, but we will need your help to make this the success that we know from past experience it can be!



The old days: less complex, same fun

Come on Ramsey! Support your carnival. Whether you are brownies, scouts, youth groups, sporting clubs or general social groups. Please get involved.

Contact the Carnival Committee on 01487 812673, by emailing [caroldodsley@hotmail.com](mailto:caroldodsley@hotmail.com) or by visiting their facebook page [www.facebook.com/groups/299459386773766](http://www.facebook.com/groups/299459386773766).



A colourful creation from staff and pupils at Ramsey Spinning Infants School



The White Horse Inn - can you guess the year that this carnival float appeared?



Can you guess what inspired this sporting attempt? I'm guessing national pride played a role...



Last year's theme went down a treat, as its not often we see the circus come to town!

# ROAD WORKS

## "HELL" and "A NIGHTMARE" in Bury

Business owners impeded by a series of roadworks in Bury and along the B1040 have described their conditions as "hell" and "a nightmare".



The works, which concluded towards the end of March, affected the B1040, Upwood Road, Grenfell Road and several side streets. They were undertaken in order to provide an output line for the Biggin Hill Solar Farm, which has been in development since 2015, and will allow the power collected by the panels to be distributed into the National Grid.

Originally, plans submitted to Huntingdonshire District Council suggested a direct line would be placed between the solar farm and the sub-station at the end of Biggin Lane. However, one land-owner was unwilling to allow the cabling to run through his property, and thus a new plan was formulated without parish or district approval, something which one local councillor described as "rather naughty". As the new route ran under roads, it was approved by Cambridgeshire County Council's Highways department, with local residents and businesses not notified until work began opposite Bury Stores.

Ramsey Town Council, along with Upwood Parish Council, were both consulted during the original development of the site, and gave unanimous approval of the former route. However, neither council was advised of the changed plans.

Several local enterprises were affected by the ongoing works, which began in mid-February. Staff at Bury Cakes and Pies described the work as "a nightmare", with business hurt due to all parking close to the store being cut off. "People were coming up to us while we were shopping to apologize, saying they were sorry that had not been in as usual but simply couldn't stop by the shop".

Bury Stores proprietor Thusy, a highly regarded member of the Bury community who recently facilitated the Christmas Lights Switch On event, described the effect two sets of opposing traffic lights had on his business. "People could not stop even to collect their papers", he said, "I had to cancel four days of fresh deliveries". He also confirmed that no notice was given before work began, and that no compensation had been offered by local government or the company responsible, although reports indicate that other affected businesses have received offers.

The roadworks also inconvenienced local homeowners, with the route proceeding through a number of driveways. One resident described the work as "very disruptive", while another called into question what was being achieved by those working. "We had three vans parked in front of our road", she stated, "but the workmen seemed to just be sitting in the vans". She too affirmed that no notice was given to residents, saying "we all said that it would have been nice just to receive a letter through the door, letting us know what would be happening".

Others questioned the debris left by the workers, with one particular side street reduced a single lane entrance by a large pile of sand protected by barriers, located directly behind a driveway. A local business disrupted by the activity also remarked that one crew had been replaced by another, as they were "working too slowly".

Parish Council Chairman John Prestage, whom residents described as 'invaluable' during the predicament, characterized the works as

"bizarre". Speaking to the *Reporter*, he went on to say "there was no communication and no advice. It seems that if a contractor wants to take longer, they just do it", adding "not only do they not listen to us, they don't even ask us anymore".

"They have made a reasonable job cleaning up, but we are keeping our fingers crossed that there is no damage to the roots of the trees, on which we put our Christmas lights, but we won't know until they begin to bud in a few weeks' time".

Bury Parish Council has already taken steps to ensure compensation, writing to the company in question to express their disappointment at events, and it is likely that further measures will be set in motion at the meeting next month. It is known that small contributions have been made to both the Bury and Ramsey council's, but further action remains to be taken.

Ramsey was also affected by building work this month, with large sections of the Great Whyte subject to renovation, but local businesses have stated that effects were minimal.



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# FLY TIPPING IN HOLME

## Yaxley resident prosecuted after failing to provide information on fly tipper

On 18th February 2016, a Yaxley woman pleaded guilty at Peterborough Magistrates Court to failing to comply with a formal Notice issued by Huntingdonshire District Council.

Tracey Northam (42) of Lilac Walk, Yaxley was served with the Notice requiring her to provide information on who took her rubbish away after household rubbish, found fly-tipped near the nature reserve at Holme Fen on 28TH July 2015, contained paperwork with her address on. Miss Northam ignored this Notice and was sent a second Notice which she also ignored. She was then invited to attend an interview, under caution, to offer an explanation, but she failed to turn up.

Miss Northam was subsequently prosecuted for failing to comply with the Notice. She failed to turn up to Court on two separate occasions and was eventually arrested to appear in Court on 18TH February 2016 where she pleaded guilty. Miss Northam was given a 12 month Conditional Discharge, and ordered to pay costs totalling £200.

Councillor Robin Carter, Executive Councillor for Operations and Environment, said: "In order to track down fly-tippers, Enforcement Officers often have to serve formal Notices on owners of rubbish that is fly-tipped. Miss Northam now has a criminal record because she failed to co-operate with a fly-tipping investigation. We hope this sends a strong message to residents that they should not rely on a 'man with a van' to dispose of their rubbish. If we fail to catch the fly-tipper, enforcement action can be taken against the owner of the rubbish."



## GLIDING CLUB SHOWCASE UNIQUE SCHOLARSHIP

The Nene Valley Gliding Club (NVGC) held a presentation event on the evening of Thursday 10th March to introduce its latest Gliding Scholarship Scheme to students, parents, staff and patrons of the Abbey College, Ramsey.

Following an established path, the Gliding scholarship scheme run by the Nene Valley Gliding Club in conjunction with the Abbey College offers the chance for Abbey students to undertake gliding training to solo standard. Many Abbey students have already passed through this process and have flown a glider solo. Some have then gone on to secure careers in aviation related fields, partially as a result of the confidence building and experiences that the scheme has given them.

During the evening the audience was introduced to the sport of gliding by NVGC Chairman Michael Muir and Deputy Chairman Peter Valentine followed by Yvonne Elliot from the British Gliding Association (BGA). The Chief Flying Instructor, Steve Jarvis, then outlined how the training system worked and a typical day at the club.

Former scholarship student (now solo pilot) Beth Aston talked about how the scheme had worked for her followed by current trainee Toby Temple who explained what he was learning. At the end of the event, Jack Smith was presented with his



*Photo From Left:- Peter Valentine, Steve Jarvis, Toby Temple, Ollie Wilson, Beth Aston, Jordan Keilty, Michael Muir, Peter Bucknell (Chairman, Huntingdon District Council)*

'Pilot's Wings' after recently going solo in a glider through the scheme. NVGC Chairman Michael Muir and Deputy Chairman, Peter Valentine said that the event had been very well received and the selection process for the new 2016 recruits had now begun. They explained that the scheme doesn't end with the students going solo. Many



## Roy's beard to go on his birthday

auctions, raffles etc., it will be shaved off at The Conservative Club in Chatteris.

Roy's friend Robert Parker contacted us at the Reporter to tell us about the sponsored shave. "As he is part of my martial arts club, we also ran an event through the club on the 19th of March, raising over £300", Rob said. "Roy and his family live in Chatteris, but a lot of the people helping their cause are Ramsey based, and any publicity would help the Woodlands Centre cause" he went on to say.

*So if you want to witness Roy losing his beard, pop along to the Conservative Club on the 23rd.*

### Thieves steal 12 antique advertising boards from Ramsey Rural Museum

Displayed on the exterior walls for over 30 years, the boards which are approximately 2ft x 3ft, were thought to have been stolen between Tuesday, March 8th and Monday 14th March.

A Police spokesperson said: "These signs are extremely rare and most date back to the 1930s. We are determined to find these signs and return them to the museum so I encourage



anyone who may have seen something or who knows any information to call us on 101".

*Anyone with information regarding this incident should contact police on 101, call Crimestoppers, anonymously, on 0800 555 111 or visit https://crimestoppers-uk.org/.*

To find out more about the Nene Valley Gliding Club please visit <http://www.nvgc.org.uk>

continue to progress within the gliding club but the Abbey College also benefits from a two way relationship with the club. Mr Valentine explained that the club has various engineering design tasks that can be passed to the Technology department at the Abbey College for the students to work on. It gives them a chance to work on a real world

design problems that require consideration to design, manufacture, reliability and budgeting.

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# Finally! A skate park for Ramsey looks set to become a reality

**There have been many attempts over the past 20 years to try to secure a skate park for Ramsey. The desire to have this sort of multi-wheeled sports facility never goes away.**



Trends may change from skateboards to BMX or scooter but the need remains. Many people raised the point in 2012 during the first Ramsey Million consultation. When the community were asked again in 2015 the skate park continued to remain a priority.

Behind the scenes the Ramsey Million Partnership, with support of the Community Development Worker Val Fendley, have been working hard to ensure this dream becomes a reality. Land availability has always been the big concern. Mobile skate ramps were hired over a whole year in 2013 which toured the area, both in town and at the villages. Valuable information was gathered which helped to build a case for a skate park for Ramsey. When the question was asked where the skate park should be located, the majority opted for somewhere near Tesco. Developers were approached, who were looking to build at the Northern end of Ramsey. With the support of Huntingdonshire District Council the Ramsey Million Partnership were able to make contact with Seagate Homes and meetings began.

## Hard work

It's taken time and lots of hard work but finally the dream is starting to become very real. How can you as a community help? Take a look at the site plans which you can do online 16/00311/FUL. You can comment on the housing plans and on the position of the skate park. Most of you will know the location as Station Yard or perhaps as the place where the fairground comes.

Val Fendley said, "Seagate Homes have planned family housing with two car-parking spaces per home. In our opinion it's been well thought out and the trees along St Marys Road will be retained. The skate park will be at the far end opposite Tesco's petrol station. This location fits with regulations about this type of facility being 30 metres away from the nearest residential property." "It's amazing that the facility will be situated where our consultation suggested but we have some reservations about its positioning as regards to potential ASB &



safety reasons," she added. "The developers have positioned the skate park at the back of the development. Our consultations show that it should be near the front and the main road. Why you may ask? Well these play and sporting facilities work best when they're in clear view, not hidden away. It greatly reduces the risk of anti-social-behaviour and also ensures younger children feel safe," she went on to say.

## Feel safe

"Believe it or not consultations clearly show that children and young people have their own concerns about safety. They want a skate park so they can take part in their chosen sporting activity but also want to feel safe while doing so," said Val. "The park at Stanground is a good example. How many of you have driven by and seen young people whizzing up and down at the skate park. They're in plain view having fun! It's a good location for local police officers and PCSOs to patrol and meet-up with young people. We have the support of our local police who have evidence that skate parks in other towns actually reducing anti-so-

cial-behaviour rather than the opposite, however sensible positioning is key."

The Ramsey Million Partnership hope you'll be as excited by this news as they are, and hope you will feed in your comments on the plans to Huntingdonshire District Council, and if you would like to contact them at any time about this or any other Ramsey Million project you can use the contact information on the right.

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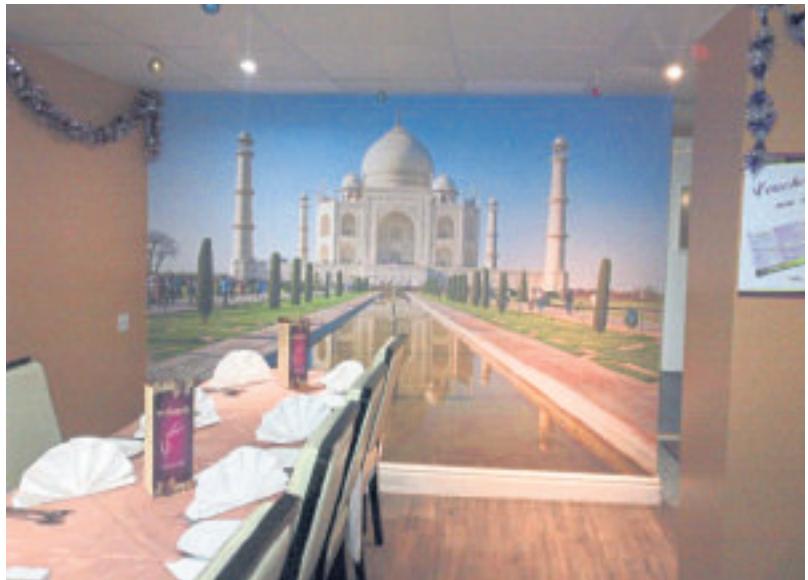


# Indiaana Indian and Bangladeshi Cuisine - Delicious new Dishes and a GREAT deal more

If you have visited this much talked about establishment, you will understand why they are considered to be one of the best Indian restaurants in the region. If you haven't had the pleasure... what are you waiting for? It's time you came along and tried their

food, atmosphere and congenial service for yourself.

Now a well-established Indian and Bangladeshi restaurant in the High Street of Ramsey, Indiaana have just introduced many new dishes which have been proving



so very popular with diners and take away customers alike.

In addition to the fabulous food and excellent service Indiaana is renowned for, they have also introduced 'Music Nights' which has made the restaurant a must to visit for a wonderful musical evening (see box opposite). Already a hit with their 70's themed ABBA entertainers, the Indiaana is now inviting a whole host of local musicians to showcase their talents.

Moving back for just a moment with the magnificent menu on offer, the Indiaana provides a mix of Indian and Bangladeshi cuisine, with the chef's specialities including a delectable Bindi Gosht and a much praised Jalfrezi. Whatever type of occasion, formal, parties or even if you're a regular - Indiaana has all the ingredients to make your celebration a success, including first class service.

The Indiaana also boasts a top-level, five star hygiene rating, and lists as close to five stars on a number of popular online review sites such as trip-advisor, where it is ranked in the top five restaurants in Ramsey.

If you are eating in, the Indiaana also delivers to Ramsey, Bury, Upwood and Warboys, while those looking to dine out should mark Wednesday and Thursday night into their diaries, as the ever popular Banquet Nights continue. Any starter, any main (King Prawn, Salmon, Fish dishes are extra), any vegetable side, any rice or naan and any hot drink should leave you fully satisfied.

So, if you are looking to spice up your dining this month, the Indiaana is the hottest ticket in town.



## Music Nights

Local singer/songwriter Graham Buxton will be performing songs from Buddy Holly, The Beatles and Rod Stewart to Adele & The Kings of Leon on Friday, 8th April. Look out for other Music Nights in the coming months.

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# RAMSEY ROTARY NEWS



## Georgia is Upwood School's Rotary Star



Georgia with her proud parents and Rotarian June Green

A proud Mum and Dad watched as their daughter Georgia Chester was recently presented with a Rotary Star certificate, badge and shield by Rotarian June Green during school assembly at Upwood School. Georgia was selected by the Head Teacher and staff to receive the award because of being an outstanding pupil, she always works hard, has a friendly nature, she is considerate, thoughtful, cheerful and always smiling.

The award also included a gift voucher.

## The Rotary Crocus is one of the leading international fundraisers for the End Polio Now Campaign.



Ramsey Rotary is indebted to the kind generosity of local people who donated to our 'Purple Crocus' appeal. This took place on 3 consecutive Saturdays in February; Tesco Store; Burtons Garage and Ramsey Market Place. Our thanks also go to Tesco, Burtons and The Ramsey Initiative for permitting us to pitch our stall. There were also opportunities to purchase at School Plus and Lasting Impressions.

Added to our purple Crocuses we were donated knitted garments, egg cosies and knitted animals generously provided by friends of Rotary.

The amount collected so far is £570.00 to which the Gates Foundation will add twice

## Membership evening a resounding success



Club members and guests being entertained by Dr David George

It was a packed dining room at Ramsey Golf Club for Ramsey Rotary's membership evening. Eleven local guests interested to find out more about Rotary joined members for this special evening. Guest and members enjoyed a light meal of scampi and chips, followed by four short illustrated presentations about the clubs activities and fund raising.

In between the presentations diners were entertained by a world-renowned speaker

and Rotarian, Dr David George. A writer of many books he has done the most to raise the profile of gifted and talented children in the UK and around the world.

David's theme for this evening talk was humor. His presentation skills and dry wit were a revelation. Guests and club members were in fits of laughter throughout his story and joke telling session. This had to be an evening not easily forgotten.

## Ramsey Rotarian receives the Highest Rotary Award



Jeremy Hyde club President, Gina Randall, District Governor Geoff Blurton

Ramsey Rotarian Gina Randall has been awarded The Paul Harris Foundation Award, named after the founder of Rotary, Paul Harris. The award was presented by District Governor Geoff Blurton during his scheduled visit to Ramsey last month.

Gina became a Rotarian in 2009 and in 2012 became club President. The award is given in recognition of club service or community service, in this case it recognises both. Gina has always been very much involved in the community she lives in – She gave 20 years service as a cub scout leader in Essex. In Ramsey she started a business in the town centre and was very involved in The Town Centre Partnership (now the Ramsey Initiative) and it was during her years there that the very successful Job Search project was initiated.

Gina is currently chair of Membership committee and has fully supported her husband Chris, also a Rotarian, with his efforts as Foundation chair to raise funds for polio campaigns and spends many hours each year in her 'home from home' potting shed potting up crocus bulbs to sell. Gina can always be relied on to put her name down to rattle a tin or to assist in any club event.

## Ramsey Rotary support the continuation of Young Carers Club



Young Carers Club - a lively go ahead group

It gave great pleasure for Ramsey Rotary to help support the continuation of the Ramsey Young Carers Club by presenting the young carers with a cheque for £1,000 at a recent meeting.

The club meet every two weeks on a Wednesday evening during school term time at Ramsey Youth Centre in the grounds of Abbey College. The club is open for all carers between the ages of eight to eighteen.

It is estimated there are 2,000 young carers aged 5-25 in the region – as many as two pupils in each class.

## Rotary May Spring Ball

The Rotary May Spring Ball will be held on Saturday **14th May at Lakeside Lodge, Pidley**. The menu will be choice of two roasts or salmon with lemon sauce and goats cheese crumble. Ticket price is £35 and all profits will be for the Macmillan Woodlands Centre.

Please see website for further details  
**[www.ramseyrotary.co.uk](http://www.ramseyrotary.co.uk)**



## HOLIDAYS + TRAVEL

# PLANES, TRAINS AND AUTOMOBILES



(AND SOME TREKKING!)



### Automobiles

This one is easy, start by taking your own car, book some hotels and have a tour of our wonderful country, visit the Highlands of Scotland, Lands' End, The Lakes, Wales, the Yorkshire Moors and Dales basically go anywhere you please. If you want to go further look at flying and hiring a car, car hire these days is fairly cheap in most countries and it gives you the freedom to travel around and see so much more. Europe is a great place to start but consider USA and Canada. Road trips in the States are very popular as car hire is cheap and so are out of town hotels/motels. Hire an open top mustang and cruise down Route 66, from Chicago to LA, more than 2000 miles, makes a fantastic two week holiday as it winds its way across 8 states including Texas, Arizona (be sure to stop off at the Grand Canyon) and California. For the more adventurous, do it on a Harley.

### And Some Trekking

More and more people are taken by Trekking and there are amazing places to go trekking. Close to home you have the Peak District, North Yorkshire, Scotland, The Lakes, Wales and some many other beautiful areas of this country to explore on foot – sample the local pubs, restaurants and night life on your travels and keep fit too. Looking further afield there are many organised trekking holidays, like trekking in the Alps, see some of the amazing mountain landscapes that Europe has to offer. For the more active trekkers try Kilimanjaro, a 7-10 day trek up Africa's highest mountain, be amazed by the breathtaking views and challenge yourself to reach the summit at 19,365 feet above sea level. On every Trekkers bucket list is Machu Picchu in Peru. The trek follows an ancient Inca trail that crosses some very mountainous terrain with heights over 15,000 before reaching the magnificent City in the Clouds – Machu Picchu. Word of advice, this trek is regulated and permits are required and are only available through authorised tour operators (we can supply).

People often ask us – "I want to do something different on holiday this year, what can you suggest?"

You would not believe how many holidays are available for people who want to "do something different" to the standard sitting on the beach or around the pool. Here are just a few of the ideas we suggest depending on how much you want to spend and how active you want to be.

### Planes

Look at a map of the world and choose somewhere you would like to see and buy a plane ticket, book a hotel. Then you can explore the surrounding areas, meet the locals, sample their cultures and customs and enjoy the food and drink. There are some great places to visit and enjoy and it doesn't have to break the bank. For those on a small budget look at Glasgow, Dublin, Paris, Amsterdam, Barcelona, Rome the list of cheap European flight destinations is massive and if you choose the right time to go it doesn't cost the earth. For those looking further afield you have places like Toronto, New York, New Orleans, Bangkok, Hong Kong, Marrakech, Cape Town, Moscow, Rio etc. again the list is endless.

### Trains

Trains are a fantastic way to see places, they are relaxing and cost effective compared to flying (most of the time). Explore the UK via train, stop off at several places en-route and see the amazing countryside as it speeds past. With the channel tunnel you can now get almost anywhere in Europe but the great thing is you can stop off along the way, you get to see so much more. Wend your way down to Rome on the train via Paris, Vienna, Pisa, Venice the choice is yours and is nearly endless. If you want to go further afield try the Rocky Mountaineer – a fantastic way to see the Canadian Rockies from a specially constructed viewing train. Try India by train – visit the Golden Triangle, immerse yourself in the people and culture and see so much more of this fascinating country. There are many great rail journeys and so much to see and do by letting the train take the strain.



Other ideas for doing something different holidays include Diving, Cycling, Sailing, Kayaking, Cooking, Wine Tasting, Horse Riding, Working on a Cowboy Ranch - the list goes on we have literally thousands of suggestions.

If you would like to discuss a different holiday or any type of holiday please contact Susan or Ian on 01487 800009, your local Travel Agents (ABTA and ATOL protected).

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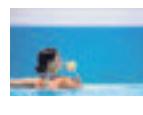
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# WOMENS INSTITUTE



Jill Wadsworth - Wistow WI

## WI – Making a Difference

The next few months are always busy for the WI. We have our local Annual Meeting coming up in April and members throughout the country will be debating resolutions in preparation for the National Annual Meeting in June. This year members will be debating two proposed resolutions one which calls for action on supermarket food waste and another that asks that provision be made to enable carers to stay with those living with dementia when admitted into hospital. In local meetings members will discuss the arguments for and against each proposal and their decisions will be taken by a delegate to the national annual meeting in Brighton. If successful, the resolutions will be turned into a national campaign.

At our local annual meeting in April those attending will have the pleasure of listening to speakers including Julie Summers author of Jam Busters on which the popular TV series Home Fires was based and journalist and TV presenter David Whitely. This event is also a chance for members from around the area to meet and share experiences, learn about forthcoming events, get new ideas, find out about community projects, purchase Country Market and other craft products and of course meet up with friends old and new.

The area Annual Meeting is also the time when we collect our 'Pennies for Friendship' which are sent to an organisation called 'Associated Country Women of the World' (ACWW) which represents around nine million women around the world. Everything ACWW does is aimed at helping women to



help their families and so improve nutrition and education.

The beauty of an ACWW project is that relatively small amounts of money are applied to small, specific local projects which can be closely monitored to ensure that help is targeted. Recent projects supported by WIs in the Huntingdon & Peterborough area have been based in India and include a programme to teach computer skills to women and another to enable women to set up their own small farming/craft businesses both of which allow them to earn their own income. WIs collect loose change at their monthly meetings and this is then brought to the annual meeting where the year's total is announced.

During March, in the countdown to Earth Hour, we had a special visitor to the area – Laura the Panda. Laura was sent to the WI by the World Wildlife Fund as part of an initiative called 'Pass the Panda' in which we were challenged to see how many selfies we could take including Laura. Laura, and other pandas, were inviting people to join the world's biggest celebration for our planet so she was on a mission to visit as many people as possible in the run up to this year's Earth Hour celebration on Saturday 19 March, 8.30pm. WWF's Earth Hour is an annual global celebration where people switch off their lights for one hour to show they care about the future of our planet.



Ivy Everitt &amp; Janice Granger - Ramsey St. Mary's WI

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## Warboys WI

In February we met in the Parish Centre and had a most enjoyable evening listening to Pat Wallace-Pope, assisted by her husband, explaining the art of kilt making. She brought along many tartans and finished kilts explaining that the orders for these come from all over the world including the Queen who ordered kilts for one of her regiments. We were amazed at the beautiful fabrics and the work that goes into the making of a kilt. Also this month members from Warboys joined other teams from around the area at the WI Spring Quiz in Godmanchester and acquitted themselves well.

In March our speaker was a local man, Mr Richard Hyde of Ramsey. He gave us an informative and entertaining talk on the founding of the family furniture business. He brought along many interesting artefacts. Would you believe that in 1910 you could furnish your home for just over £11? There's a lot to look forward to as some of our members have signed up for the area Spring Walk in Abbotsley in April and forthcoming events include; a picnic in the park in April, a June tea in Holme, a visit to a show and a summer outing, not forgetting a garden party at Mrs Wendy Taylor's in July.

## Ramsey WI



First congratulations to the four ladies of the Ramsey WI Quiz team for winning the Huntingdon and Peterborough Federation Spring Quiz. Well done Eileen, Jan, Jane and Sue we are all very proud of you.

And a sad goodbye to Jill who, after twenty six years, is leaving Ramsey WI, we will all miss you and wish you well in your new home.

### Hempstead Community Farm

At our meeting on Monday 14th March Ben Tregenna came to talk to us about Hempstead Community Farm,

Hempstead Community Farm is a Community Supported agriculture project set up by Ben and Emma Tregenna just outside the village of Willingham, near Cambridge. They have 5 acres of farmland that they use for growing fruit and vegetables and keeping pigs,

sheep, goats, turkeys, geese, chickens, ducks and bees.

### Vision

Their vision is of a community growing scheme where committed members bring together a variety of skills and ideas to share in both the risks and benefits of the harvest. With a community farm, they can all share in keeping different types of livestock and growing a variety of produce that would be very hard to achieve individually in back gardens or on allotments.

With lots of photos to illustrate his talk and even a short video of how to milk a goat we learnt how this project has grown from a back garden vegetable plot to this community farm involving eighteen families. He also brought along some goats milk and soft cheese for us to try.

WI	Time & Date	Location
Ramsey Abbey	2pm – 1st Thursday	Bury Village Hall
Holme	7.30pm – 1st Thursday	Holme Village Hall
Ramsey	7.30pm – 2nd Monday	Ramsey Community Centre
Ramsey St. Mary's	7.30pm – 3rd Wednesday	The Barn, Ashbeach School
Warboys	7.15pm – 2nd Wednesday	Warboys Parish Centre
Wistow	7.30pm – 2nd Wednesday	Wistow Village Hall

## Sparkling Bury



Well, I hope all of you have noticed how exceptionally clean the road signs are in Bury. 7 intrepid Abbey W.I. members donned their marigolds, armed themselves with scouring pads and buckets of soapy water ready to do battle with the accumulated dirt on Bury's signs.

It was a lovely afternoon with so much hilarity, we walked the village dispensing cleanliness as we did so. Luckily one of our members was able to reach the tallest signs so none were missed. Tea and cake (of course) at Daphne's house fortified us at the end of the session. Should the Queen pass through the village she would not be offended as we have truly "Cleaned for the Queen" in honour of her 90th birthday.

### Alpacas

Our meeting in March brought the Andes to Abbey W.I. After a tea of hot cross buns, local lass Nicki Sly from the Stukeleys enthusiastically explained how 2 years ago she fell into becoming the owner of several Alpacas by accident. Her husband had decided that the task of mowing their paddock was a waste of Nicki's time and talked her into a viewing of these gentle, relaxing creatures and the rest is history.

It has been a steep learning curve but now her herd of 10 graze the paddock contentedly, are flourishing, breeding and producing the highly prized beautifully soft lanolin free wool. The knitters amongst us handled the expensive wool reverently and avariciously; happily none went missing. A really informative talk.

### Competition

The competition judged by Nicki "my favourite bracelet" was won by Kathy Bodle with Karen Prestage second. Next month members can chance their luck at a "homemade Easter goodie" for the competition, with a talk by Mavis Compton on "the right wheelchair in the right way". Between now and then, there is a coffee morning at Johnson's, lunch at the Admiral Wells, a tea and chat in a member's home, book theatre and craft clubs.

Come and see us; we meet on the first Thursday of every month in Bury village hall 2:00 till 4:00. You would be very welcome

## Ramsey St. Mary's WI

The fabulous smell of chocolate greeted members to our March meeting. A packed house turned out on a cold evening to hear Ethel Miller and her assistant tell us about the production of chocolate from the humble cocoa bean to its transformation into the vast number of chocolate products available today. We also had the opportunity to taste her delicious products which are totally additive and sugar free as Ethel only uses natural sweeteners such as honey and fruit. Needless to say many members went home with a chocolate stash.

Next month we are going to be having a 'Taste of India - The Spices of Life'. All women eighteen and over are always welcome.



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# Ramsey library



## ARTS ALIVE



Bold and Beautiful was the theme for the latest Arts Alive workshop at Ramsey Library.

Local Artist, David Brown, held a fantastic Acrylic Painting Workshop where participants were able to step out of their comfort zone and use their imagination in bold and beautiful ways. A wonderful creative morning that had the group's enthusiasm fired and eager for more.

Music and laughter could be heard coming from Ramsey library as the audience listened to the unlikely pairing of an ex-brickie and an ex-Trinity College Cambridge scholar, known as the "Opera Dudes." Neil and Tim, who describe themselves as a cross between Il Diva and Morecombe and Wise, entertained us with songs in a variety of styles. Well known works from operas, West End shows, ballads and a bit of classical piano

ensured there was something of interest for everyone. They had a good repartee with the audience and even had us singing in very bad Italian. Added to this was the humour and jokes. Also at one point we had a short rendering of Frank Spencer singing from "Phantom of the Opera." If you get the chance to see them somewhere do, it was a very enjoyable evening.



## CRIME WRITING WORKSHOP

The next Arts Alive event will be a full-day crime writing workshop with author Sue Welfare. "Murder We Wrote" will take place from 10am till 4pm on Saturday 23rd April

at Ramsey Library. (Please bring your own lunch.) A limited number of tickets can be obtained from the library at a cost of £7 and must be purchased in advance.

On Tuesday 5th April from 10.30-11.15, author Rebecca Neal will be joining us for stories and crafts from her book "The Perfect Pond." Tickets are 50p and are available from Ramsey Library. Suitable for children from 5- 7 years.



## MAYA WINS FRIENDS OF RAMSEY LIBRARY BOOK TREASURE HUNT

Many shops and businesses in Ramsey displayed a book or picture in their windows during the February half-term. Participants had to record what mode of transport was shown. The winner was Maya Goumal (aged 4½) who enjoyed taking part in the Friends of Ramsey Library Book Treasure Hunt, whilst staying in Ramsey with her grandparents Leigh and Val Shepherd.

She enjoyed looking in all the shop windows, ably assisted by her brother Rafael (2½). She was even more thrilled to learn that she had

won 1st prize. Here she is pictured with her prize. "I love reading books and shall enjoy spending this book voucher" she said.

### A BIG THANK YOU

We would like to say a big thank you to everyone who paid to take part, the shops and businesses who let us use their windows and those who sold question sheets for us. Also, to Helen and Penny, who searched for transport display items, delivered them to the shops and collected them.

**A date for your diary.** The Friends will be holding a Peter Pan Craft Day on Saturday 4th June at the library. More details will be announced later but why not think about a costume you could wear, pirates, Indians, mermaids (interesting!), fairies and of course Peter Pan and Wendy.

# Choosing your Vet

50 years ago there was only one Vet in your local area who everyone went to. Nowadays the industry has changed dramatically with a choice of practices to suit everyone. But how do you choose the right vets for you?

We believe you should consider a number of points when choosing the best Vet for you and your pet. **Think of these 5 Cs:**

## 1. Care & Compassion

This is one of the most important points. Do you feel comfortable with the Veterinary team? Do you feel they will give you and your pet the care and compassion you deserve?

## 2. Convenience

Of course convenience has to be a factor. Is the surgery close by? How far would you need to travel and will your pet be OK with the journey? Is it easy to park? Can you get an appointment when is convenient for you? Can you get an appointment in the next 24hrs?

## 3. Continuity

A good relationship with your Vet is important for you as well as your pet's medical healthcare (especially when dealing with long-term illnesses). Is it possible for you to see the same Vet on each visit if needed? Will the Practice accommodate this and give you the continuity of care?

## 4. Critical Care

No matter where you choose, we urge you to make sure you know what the arrangements are for out-of-hours and emergency care for your pet. Ensure you know the phone number and more importantly WHERE you'll need to go.

## 5. Cost

Now for the "biggie". It's true to say that prices among Veterinary Practices do vary somewhat but no matter where you go there are always costs involved in looking after your pet. Remember, you can always ask your Vet for an estimate for any treatment and a good Vet should always keep you informed of your bill throughout treatments. Ensure you know the payment policy and insurance arrangements with the Vets of your choosing.

### **While we're talking about Vet bills – why do they cost as much as they do?**

It's a question many pet owners ask and a source of many misconceptions and misunderstandings about the veterinary profession. If you compare our own medical healthcare to that of our pets; much of the same techniques, training and skills are needed. Surgery can be as complicated and the medication, research and treatment just as varied. Diagnostic tools such as MRI and CT are now available to vets but they are very expensive pieces of equipment to purchase and maintain. The main difference is that we are lucky enough in this country to have the NHS. It's hard to judge how much medical care

and expertise cost for ourselves; if you hurt your arm how much does it cost the NHS to get a doctor to examine you, run and maintain the machine that takes an x-ray, the radiographer to interpret the x-ray, give you treatment etc.? In truth there is a lot of time, expertise and costs involved in being able to provide you with the medical care you need to get better. It's the same story in the veterinary world. Sadly there is no such thing as the NHS for our pets, so the costs of their medical care falls to the pet owner. For this reason we highly recommend insurance, this will give you the peace of mind that your pet will receive the best treatment without the worry of affordability.



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# Made in Ramsey...

*Local UKIP leaders Peter Reeve and Lisa Duffy talk party politics and local issues*

by Adam Roberts



As national UKIP figures, Pete & Lisa were able to facilitate Nigel Farage's frequent visits to the town

Peter Reeve was witness to one of the more notable embarrassments of my career so far, loathe though I am to admit it. Fresh from university with a desire to report the news, I found myself at a Ramsey Town Council meeting, the first of many to come. Professionally I was looking for no more than a few notes to summarize for the next edition, yet personally I was curious to meet this Councillor Reeve I had heard and read about. I found myself idling by the door when a man, around my height and wearing a striped purple shirt, strolled up and began a conversation regarding one of the issues raised. After several minutes I mention Councillor Reeve, for which I recall garnering no more than an interested expression. Several minutes later, I asked the stranger his own name. A moments confusion later, and it is confirmed to me I am in fact already speaking to Peter Reeve, who as it turns out is very gracious about not being recognized. It seems I'm not the only one that fell into trap caused by both Peter Reeve and former mayor/current district councillor Lisa Duffy's local name brand recognition. Newly minted Chairman of North West Cambs UKIP branch, Mick Mean, who also joined us around a small table in Ramsey Library, recalled first meeting the pair. "I was asking around and I kept hearing these names, Reeve and Duffy", he says, "I didn't put a face to it, but it was the first time ever that I knew who were the councillors. They're out there!" After only speaking to Pete and Lisa (as they are known) for a couple of hours, it is

abundantly clear why they enjoy this kind of name brand recognition. Firstly, they display an admirable level of local knowledge. Before we've even started, Pete offered a wealth of information regarding sub-surface agriculture, and how our roads are effected by the concrete tank tracks laid down during World War Two. Why anyone would have said information to hand is baffling, but I have learnt not to question a councillor on matters such as these, at there always more to learn and it seldom leads to anything other than further confusion. Secondly, they take pride in their local achievements, and nothing goes to demonstrate this more than their continued commitment to the local area. There can be no better example than their stance on traffic calming, which seems to have been somewhat of a saga that is finally coming to an end. Early in the interview, Pete mentions that "this year is the first year we are seeing the fruits of work we did four years ago, and will be the first year that traffic calming comes in place." This includes projects in Mereside, St Mary's, Forty Foot and along Wood Lane, where they are campaigning to move the 30mph sign past the camp.

## A journey of discovery

However, before we got to all this, I had to ask how the formerly northern-based pairing entered first into UKIP and then ended up in Ramsey. Surprisingly, Pete confesses to being relatively a-political at first, until a blank DVD was posted through his door. "I wasn't

involved in politics at all", he said, "It was the cleverest marketing ever, you couldn't help but see what was on it." Lisa, who was at the time working for TK Maxx, recalls the exact phrase she used: "I'll give you an hour". Many years and countless hours later, she still feels as if there is more work to be done, and very glad she agreed to that original hour. Certainty, it's been an incredible journey for them both. To mention every topic we covered would be next to impossible without filling up a small book, but I shall attempt to record the highlights.

Moving into the town in 2007, Pete began to put a number of enterprises in motion. Literally bringing UKIP politics to the streets, Pete often roamed the town on Friday nights, while perhaps his most notable innovation involved, of all things, the public toilets. Pete cites this amongst a lengthy list of "the big things [they] achieved" in the first few years. "The district council under the conservatives were shutting down public toilets all over the place. So, we ran a big campaign, wanting to reopen both the Library and the public toilets. The public toilets we were much more involved in because we have done, and still do, clean and manage them". Here Lisa interjects: "Well, actually in 2011, when we first got onto the town council, the councillors weren't signing off on the town council, so Pete actually opened them on his own under his own insurance while the contract was being negotiated with Luminus". Other notable achievements apparently include the Indoor Market, which Pete hails as a success. "You know you have

done well when someone like the Initiative picks it up and take it to the next level". Here we also see UKIP's no whip policy in action, as the pairing defied the national party's stance on Windfarms. Peter explained that "nationally, it was a really odd situation, because the natural position of a town with lots of UKIP councillors – everyone assumed that 'here we go, this is going to be the big spectacle where they show how opposed to windfarms they really are'... and we found ourselves actually backing it! Largely because the community said they wanted it".

Surely, people have elected not just a councillor, but an ideology too. Does this not go against that? "We like to be driven by the community, not the party", says Pete, while Lisa argues that this virtue is what keeps her political. "I couldn't be a member of any other party", she says, "If you tell me what I have to do, I won't want to do it... Aa Pete knows". A rueful grin from Pete says it all. Today, the group maintains its close links with the Library. As part of a pilot scheme, both now volunteer on Wednesday at the library, which allows them to maintain a surgery each week alongside bringing much needed help to a public service that is forever under the threat of closure.

## Memorable occasions

Of course, both Pete and Lisa have had an impact on a national level, most notably with Pete as Local Government Spokesperson and Lisa as Party Director, flying up and down the country to run by-election races. It



Pete's hero moment. Brian May later wrote on his blog "he immediately strikes me as a very nice chap"

# The Story of Peter Reeve & Lisa Duffy

would be near impossible to list the plethora of other senior positions the couple have held, and yet one comes away from speaking to them knowing that their heart is still very much in the local community. Lisa recalls stepping down from her role as a director because "I couldn't do that, and help [an elderly local resident] move homes at the same time", which incidentally was what she would be doing later that same day.

This being said, just like anyone else they find themselves occasionally star-struck. Pete fondly recalls meeting Queen guitarist Brian May (pictured), while Lisa was once invited to meet Margaret Thatcher.

"When Lord Pearson took over, he said 'come and meet me for lunch in the House of Lords. So I showed him my presentation, and he says 'would you like to meet Margaret Thatcher, and of course I said 'yes please'... So we went up and there is this massive aura around this lady, and she said to me 'are you having a lovely time dear?', and I said 'yes I am'", to which the former Prime Minister's response was "so am I".

As for events to come, Lisa is particularly excited about the Big Lunch for the Queen, the inception of which began with her. The street party, due to be held on June 12th, is still very much in development, with Lisa praising the team who are organising the event.

## Town councillors first

Another hat both Pete and Lisa wear is that of Town Councillor, with Lisa having also served as mayor, which opened us up to a discussion of town politics, particularly with regard to the independents who now hold a majority on the council. As has already been stated, neither Pete nor Lisa like to invoke their party at meetings, but it is clear that their current position evokes some strong feelings. "What was really upsetting from the locals last year, when Tories pretend to be independent.", says Lisa, "Why don't you just be true, if you are a tory you are a tory". "When you come to town council, I don't say 'well, this is what my UKIP manifesto says'. I actually go, 'no, how much is this going to cost? What impact is that going to have? How are we going to deliver this, and who's going to gain out of it? That has absolutely nothing to do with me being branded as UKIP, which is just what I have to do at election time and



*From left to right: Councillor Lisa Duffy, North West Cambs UKIP Chairman Mick Mean, Councillor Peter Reeve*

that's who I am, but I will never pretend to be anything I am not, even if it does not tick everyone's box."

This leads onto what I was expecting to be something of a sore subject, the recent defection of former district councillor Ian Curtis, who is planning to run against Lisa in the upcoming elections. Fortunately, the issue is taken in their stride, with a general consensus that they had nothing negative to say about Ian, and that they remained friends outside the realm of politics. "Life is about choices", says Lisa, "Ian's made a choice, we respect that and we wish him well."

"We love Ian as a person, we always have", says Peter, as standing for Peterborough City Council was cited as one of the reasons for Ian's departure. "At the end of the day he's someone who got on board with the local projects we are doing and he's a really nice guy." As for any accusations made against him, he admitted to feeling "really hurt by what's been said, about some of the

personal stuff, and it's really sad that others are using him politically that way. I think he will regret the decision when he realises how corporate parties work."

Is Lisa worried about the fight to come? I shouldn't think so. Last May, Lisa came out of the town council elections with a clear mandate, topping the poll with a margin of nearly 800 votes. Lisa recalls the count as "humbling", remarking "that moment was when I realized I have a duty to deliver. That was a big moment for me."

Lisa's outlook is unsurprising for a political operative, in that she fully accepts the will of the electorate, stating "whatever happens on May 5th, people will decide whether they like what you have delivered". She does however add "I hope they choose me because of what I have delivered and what I can deliver, but it is the people's choice. We have a job to deliver as UKIP, keeping that core message out there. Between now and May 5th we need to deliver and get local

candidates elected, because that will also help with that future."

## The fight for independence

'That future' of course referring to the next challenge facing the now-established UKIP party, the referendum on Britain's membership to the European Union. I couldn't end the debate without at least asking for their thoughts, given the evident UKIP focus.

"It's going to be very, very tough", says Lisa, while Peter has a more philosophical view, noting the divisions in the Conservative party. "For me the whole process is really fascinating" he says, "they've quietly sat and toed the party line, and then to see them come out and say 'I've secretly agreed with UKIP all along' is a fascinating experience in itself." Having been on the receiving end of many an arid comment, it's almost as if there is something cathartic about his response: "they were calling us all the names under the sun, and now they are saying that we were right all along!"

Do they think they can win? "It's going to be very close", Lisa suggests, "and looking at the current feelings, we think we will get it."

## A Parting Thought

It's hard to put into words what one takes away from such a meeting. While politics invariably enveloped every subject, the overriding theme of the discussion was Ramsey itself. With hindsight, it seems strange that we barely touched on the region, the county, or indeed most of the surrounding villages, but at the time it almost makes sense. As much as Pete and Lisa have helped shape the town in these last few years, the town has also shaped them, giving them national drive and local purpose.

At some points during our conversation, it was tough to think of them as politicians, while at other times it was so brazenly obvious as to border on the bizarre. I won't attempt to define such complex characters, suffice to say when we spoke they were open, honest and seemed to want nothing more than to help the community. Will this be enough come election time? That's not for me to say. With the elections close to a month away, the people of Ramsey and Peterborough will have plenty of evidence upon which to make their decisions.



*With a 'get his hands dirty' approach to council work, there are plenty of snaps of a working Pete to pick from including his work with local Speedwatch groups and of course the famous cleaning of the public toilets.*

# CRIME REPORT

**Queen Mary Close** - Overnight on Thursday 10th / Friday 11th March, a car parked in a residents parking area had its rear window smashed by unknown persons using an unknown object.

**Little Whyte** - Just before 01:00 am in the small hours of Saturday morning, 12th March, police received a report of a disturbance in the street involving a group of young people who were fighting and smashing bottles. Police attended, spoke to those involved and dispersed the group, then cleared the street of broken glass.

**Herne Road, Ramsey St Mary** - Around 1:15 in the afternoon of Saturday, 12th March, a road-rage incident occurred in which the victim, a man in his 60's, was assaulted by the driver of a second vehicle after an overtaking dispute.

**St Mary's Road, Ramsey** - Around 7:00 pm on Saturday 12th March, unknown persons forced and damaged the metal door at the base of a wind-turbine, ascended the tower via the internal ladder, forced open the roof hatch and jumped off the top of the turbine in the dark, using parachutes.

**Slade Close** - Mid-afternoon on Sunday 13th March, police were contacted by staff at a hospital in Nottingham regarding a kidney which had become available for transplant but who were having difficulty in contacting the family of the recipient, an 8 year old boy, in Ramsey. Police were able to contact the

family, and due to the urgency, were able to transport the boy to the hospital themselves. Popes Lane - Sometime overnight on Wednesday 9th / Thursday 10th March, unknown persons interfered with the windscreens wipers of a car parked in the driveway of a house, stealing the rubber blades.

**High Street, Warboys** - Police received a complaint that around 5:15 pm on Friday 11th March, a dog on a lead had bitten the leg of a child on his bicycle, who was with his family at the time. The full circumstances are being looked into to clarify what happened.

**A141** - At around 6:00 pm on Monday evening, 14th March, police received a report that a pick-up with a trailer loaded with tree cuttings was shedding branches and debris onto the carriageway, causing a hazard to drivers who were having to stop or swerve to avoid. Police responded and cleared the debris from the road, but could not locate the offending vehicle which was reported to be heading towards Chatteris.

As always, if you have information relating to any offence, or are concerned about any suspicious activities, please contact police by using the '101' telephone number. Alternatively, you can use 'Crimestoppers' to make a report anonymously by calling 0800 555 111 or by using their on-line contact form. In an emergency, or if you witness a crime in progress, always use '999'.

## Successful night at the Falcon Inn in Whittlesey as Link4Business group launches for local businesses

A new and exciting business group has launched at the Falcon Inn in Whittlesey for local business people to grow, learn and develop as well as meet other local business people.

Link4Business is evolved networking because it has intent, purpose, and aims to achieve three things:-

1. Create a local town business club where businesses can support and help each other, collaboration is much better than competition. If we work together we can achieve much more than we would on our own.

2. Integrate our businesses with community. 70% of the local people are not in business and don't go networking, but through Link4Growth we can open new channels to these people through our community building

3. Develop an awareness in the community of all the local businesses through #L4GBuyLocal and encourage people to consider buying locally first.

Link4Business is a supportive and nurturing environment aimed at the 6.7 million businesses with 5 or less employees (5.5

million of which are sole traders). Let's face it... we could all use help and support from our fellow entrepreneurs.

Joan Richardson runs Link4Coffee in Ramsey and also hosts the new event in Whittlesey. She says "Although there are a number of networking events in Cambridgeshire, it's surprising how many new people I meet and how many new businesses are starting up. Link4Business is EVOLVED business networking, and is a fresh approach to networking, focusing much more on collaboration and supporting each other. We're all looking for new business and new connections, and we can all learn from each other and our business experiences."

**Link4Business will be meeting every 2nd Tuesday in the month at the Falcon Inn, London Road, Whittlesey from 6.30pm. The next event will be on Tuesday 12th April. For more information call Joan on 01487 812434 or email [enquiries@link4business.co.uk](mailto:enquiries@link4business.co.uk)**



## CHECKING THE SMALL PRINT

by Bryony Smith

Fabletics is a fashion sportswear website in which you buy 'outfits' catered to you. However, unbeknownst to me, without buying a single thing they had set up an account in my name, before withdrawing £88 from my bank account!

A few months ago, I thought I would make a start on my New Year's resolution and join the gym. First I needed the gear. Fabletics had an amazing offer on; £17 for some gym leggings. I clicked on the product and went to pay. Everything as normal, just "please enter your card number and address".

That was that. I hadn't heard a thing since. No emails stating that they were going to take money out of my accounts. It was only when I went to check how much I had managed to save from my Saturday job that I realised something wasn't right. I seemed to have less money than when I had started the month.

It turned out they had taken £88 for 'VIP membership' – which you had to be 18 for. Not knowingly agreeing to it, they had created an account for me claiming I was 18 in order for the money to be taken legally.

After speaking to bank officials and the Fabletics company themselves, it turned out this situation has occurred for many people across the country. According to the terms

and conditions, there was a policy stating that for each month you do not spend £44 on an outfit, the company would automatically remove that money out of your account. Obviously, in the busy society in which we live, who has time to read the 30 pages of terms and conditions? However, it turns out that it is extremely important that you check what you are actually agreeing to. Online shopping is so accessible that you can buy massive amounts in less than a second, and the companies doing the selling are abundantly aware of this.

I was lucky, as Fabletics did not attempt any age verification. If I hadn't been under 18, I may not have received a full claim on my money and that £88 back into my bank account.

I have learnt a key lesson from this incident and hopefully this will not be an experience which you encounter. You cannot trust every company, even if you've seen it advertised on TV or a celebrity name next to it – such as Kate Hudson alongside Fabletics – you need to know what you are signing up for, even if that means a quick skim-read of the terms and conditions.

Fabletics dealt with the problem efficiently and effectively but it is not a website I will be rushing to use again.



## Ramsey Neighbourhoods Trust bags a share of £11.5 million carrier bag charge fund

We are delighted to announce we have bagged £12,000 from the Tesco Bags of Help initiative.

The supermarket teamed up with Groundwork to launch its Bags of Help initiative, which saw grants of £12,000, £10,000 and £8,000 – all raised from the 5p bag levy – being awarded to environmental and greenspace projects.

Eight million shoppers voted in stores up and down the country. And it can now be revealed Ramsey Neighbourhoods Trust has been awarded £12,000.

The results have been announced and we will now begin work on bringing our project to life. After our first successful garden at Mill House in Ramsey, we are working again with Groundworks to create another garden and wildlife conservation project which will not only enhance an area of Ramsey but also provide training opportunities for local people during its construction.

Caroline Silke, Head of Community at Tesco, said: "Bags of Help has been a fantastic success.

"We have been overwhelmed by the response of our customers and the feedback has been brilliant.

"We can't wait to see the money being put to use bringing these projects to life.

"Nominations for the next round of the initiative will open in April and we look forward to helping a further round of groups and projects bag their share of the bag charge fund."

Voting ran in store from 27 February until 6 March – with customers choosing which group they'd like to get the top award using a token given to them at the check-out in store.

Tesco estimated that around eight million votes were cast in stores across the UK.

Groundwork's national chief executive, Graham Duxbury, said: "We have been delighted to have been involved in the Bags of Help project.

"It has been wonderful to follow the projects through the application process to the final announcement.

"This is money which will go directly back into the communities up and down the country creating places to meet people, be active, play or simply relax. This initiative is really putting something back into the local environment, transforming greenspaces and helping the community at a grass-roots level."

Nominations and applications for the next round of Bags of Help funding will open on April 18. As well as applying direct, suggestions for projects can also be nominated by people living locally.

For further information please contact:

**Ramsey Neighbourhoods Trust,**  
Neighbourhood Office, 25 Great Whyte,  
Ramsey – email [rntchair@gmail.com](mailto:rntchair@gmail.com) or  
phone the office on **01487 814897**  
and leave us a message.



## RED TILE WIND FARM TRUST FUND GRANT OPPORTUNITY AVAILABLE

Thanks to the generosity of the Whittome family who farm at Tick Fen Farm in Warboys, a new grant opportunity is available in Warboys and Ramsey which will be administered by Red Tile Wind Farm Trust. Called the Whittome Wind Trust, grants are now available for the promotion of facilities and opportunities for the community to engage in any type of sporting or active pursuit or any activity that promotes a healthy lifestyle within the parish boundaries of Warboys and Ramsey. Hugh Whittome said 'I'm pleased to have an opportunity to contribute to sporting provision in Warboys and Ramsey, both to improve facilities and also try to encourage more people to take part in active pursuits.' Chairman of Red Tile Trust, Russell Payne, said 'We are very

grateful to the Whittome family for their generous donation and for choosing Red Tile to administer the fund on their behalf. We are looking forward to working with them to improve local provision.'

Red Tile Wind Farm meet three times each year to consider applications for grant in January, June and September and application forms can be obtained from the Secretary, Roy Reeves, on [roy.reeves@warboyspc.freeserve.co.uk](http://roy.reeves@warboyspc.freeserve.co.uk) and 01487 823562.

Red Tile also have grants available for schemes that promote renewable and efficient energy and that conserve or improve the environment in Warboys, Ramsey, Chatteris, Pidley-cum-Fenton, Somersham, Old Hurst, Wistow and Broughton.

## Motivational success at Florence House

by Maurice Kendrick

Once a month local care home, Florence House plays host to Alan Bartlett from Motivation & Co., specialists in physical and mental stimulation for the care sector.

As a Motivational Therapist, Alan runs programmes that provide challenging, stimulating and motivating levels to suit all abilities. That was certainly evident when I called in last month and sat in on one of their hour long, morning sessions with a number of the residents.

### Suits abilities

All the exercises were either physical or cerebral but designed not to overtax the residents as Alan told me he gears his sessions to suit the abilities of the residents at each home he visits. "We monitor each participant individually and give an evaluation each month to the care home". "I get to know everyone quite well", he went on to say.

It was clear that all the residents taking part were enjoying the session which involved answering questions about colours, finishing old adages, catching and throwing beach balls as well as singing & playing musical instruments. Florence House owner Jenita David also joined in all the fun and seemed to be enjoying it as much as the rest of us.



### Individual needs

These motivational sessions are approved by the Alzheimer's Society, Dementia Friends and NAPA (National Activity Providers Association) is designed to help with memory stimulation, to improve mobility, dexterity and social interaction. They are tailored to individual needs and can be very entertaining.



## Florence House Residential Home

[www.florencehousecarehome.co.uk](http://www.florencehousecarehome.co.uk)



The very best care,  
as it should be



Florence House is a private Residential Home based in Ramsey, Cambs, registered by the Care Quality Commission for twenty residents above the age of 65.

Set in the quite residential area of Westfield Road, Ramsey and easily accessible from all major routes with ample parking as well as ramped access facilities.

### We offer a very high standard of care with facilities that include:

- 20 single rooms, many with en-suite and all on ground floor with patio doors overlooking the garden
- Daytime recreation and activities
- Home cooked food to suit all tastes and diets
- Regular visits from a hairdresser and chiropodist as well as a mobile shop
- Fully trained and friendly staff
- Full support from health care professionals

### Accommodation

All rooms are fully furnished with the choice of armchairs and beds of various sizes.

All bedrooms are single with vanity units as well as hot and cold water. Full central heating, approved fire alarm and nurse call system with a television point in most rooms. Clean towels and flannels are supplied with dirty laundry collected daily, returned freshly laundered. Cleaners visit daily.

### Dining

Food quality and standard could not be higher as all the food is prepared and cooked in our own kitchens. All food is locally sourced with a daily choice of menus to ensure special diets are catered for.



### Social events and activities

Our dedicated activities co-ordinator organises exercises, art and painting, bingo and a great deal more.

These are just a few of the excellent facilities available, so please do not hesitate to call us for further information or to arrange a visit

**Florence House**

Westfield Road, Ramsey Huntingdon PE26 1JR **01487 812295**





## BUSINESS + FINANCE

# How can a HR Consultant help your business achieve getting the best out of your employees?

### Cost savings

HR can contribute to cost savings. One example can be to introduce sickness absence management controls, the cost of sickness can be reduced which can be a huge expense to a business if allowed to get out of hand.

### Managing performance

HR can help manage performance in several ways. Business performance can be improved by the implementation of an appraisal system which provides a structured process for an employee and line manager to have a formal one to one discussion which will improve organisational efficiency. Performance management can also be about managing poor performance through a capability process where poor performers are either supported to improve or are performance managed out of the business with capability being a fair reason for dismissal.

### Provide guidance with employment legislation

Employment legislation is changing constantly and it is hard to keep up. However, HR can provide credible and practical advice. HR can ensure that internal HR policies and employee handbooks are kept up to date, are compliant and they are well communicated to the workforce.

### Help companies manage their staff fairly

Sometimes when the job just needs to be done, it can be hard for managers to recognise the need to treat their people fairly. HR can provide much needed support when struggling with a particular employee problem.

### Help avoid employment tribunals

HR is the guardian angel of companies and helps to keep them out of the employment tribunal through sound employment law advice. If a situation is getting out of hand HR can be there to help soothe the situation or can act as a mediator.

### Training & development

HR can help support training and development initiatives by assisting with a company-wide skills analysis, developing and coordinating a training plan, identifying training and development initiatives, delivering appropriate workshops. HR can ensure that training and development is both cost and time effective and help the business recognise the value that training brings.



### Recruitment

A company is nothing without good quality staff and HR can provide support with recruitment processes whilst ensuring that equal opportunities employment legislation is adhered to. HR can help draft adverts, identify an appropriate advertising medium, develop job descriptions, undertake shortlisting, develop interview processes and questions and take part in interviews.

#### Help with change

Change is an everyday part of life and companies need to change from time to time as the business world moves on. HR can support change management processes in various ways. With a company re-structure to improve efficiency, HR can take part in operational consultations with employees affected by the re-structure. HR can advise on redundancy and TUPE implications where appropriate. HR can also assist with minor changes in the workplace such as a change to terms and conditions which require consultation and agreement from employees.



Face2faceHR offers practical and realistic HR advice and tailored solutions for businesses.

Contact me on 01487 711959  
dawn.cross@face2faceHR.com

# What should I expect from my Accountant?

**Choosing an accountant for your business is an important decision, and as with so many areas of our lives technology is leading the way and increasing the value you should be receiving.**

At Pavilion Accountancy we believe that accountants are ideally placed to make a huge difference to businesses, and business owners' lives. However, it is only by working in certain ways that this is possible.

Here are 3 things we think you should be receiving at the very least from your accountant.

### 1 – They help you work effectively & collaborate in real time with you

There is now secure, business friendly accounting software available to use over the internet via your normal web browser. By using software, such as Xero, you can raise sales invoices anywhere you have an internet connection, on a laptop, tablet or smart phone. Using bank feeds that automatically upload to your accounting software you have a daily update, so you know exactly what the financial position of your business is.

Software, such as ReceiptBank, automates your bookkeeping and stores the information securely on-line as per HMRCs requirements. Bookkeeping becomes as easy as taking a photo on your phone!

The beauty of 'cloud' software is that your accountant can also access your accounts. Working collaboratively, using real time financial information means you can make more informed decisions quicker. Sharing this with your accountant means they can provide exact and valuable advice based on real time information.

We work collaboratively with all our business customers using real-time accounting information.

### 2. They help you know & understand your Business Financial Performance (each month!)

How soon do you know the profit for your financial year? 3 months after the year end? 6 months? 9 Months?!?!?!

We believe that every business should know its exact profit & cash position for each month and for the year so far at the end of EVERY month.

After all, how can you influence the profit of your business 9 months after the year has finished? Not only can you do absolutely zilch about that year, but you will also be 9 months through the current year and have only 3

months left to remedy any issues. What a missed opportunity.

That's why we provide a monthly performance report to every business. This gives us the opportunity to identify any possible issues before they become big problems.

Could your business benefit from having this information every month?

### 3 – They are open on Support, Fees and Guarantees

Is all email & telephone support included in the price quoted? Have they even quoted a price or is your bill a complete surprise at the end of the year? And what service guarantees are in place?

It seems obvious really, we don't go shopping for a new car and then receive a bill from the salesman for him answering some basic questions. Likewise we don't receive the keys, drive off and then receive a bill for more than we were expecting...and heaven forbid should the car 'go wrong' we would expect there to be a warranty or guarantee to protect us.

Why should it be any different for you as a business owner?

Pavilion Accountancy provide inclusive support, fixed up-front pricing and a money back guarantee as standard for all customers.

There are plenty of other areas to think of, but at a very minimum these are 3 we believe you should expect as standard from your accountant.



To find out more on how Pavilion Accountancy can help your business please call 01487 898440 or email nick.kay@pavilionaccountancy.co.uk

**PAVILION**  
ACCOUNTANCY

Pavilion Accountancy – Helping Small Businesses Achieve Big Results

# Don't get left behind, brush up on your business skills now!

The Huntingdonshire and South Cambridgeshire business support workshop and business advice service is a new initiative to deliver fully funded business support across the local area.

The two Councils have joined forces with Nwes to provide resident businesses and those starting a business with a series of business support workshops at local venues. Research has identified that businesses taking up support grow faster, create more jobs and make increased profit.

The programme has been designed to respond to small business needs and cover topics most beneficial to local businesses. The workshops are suitable for all types of businesses, so whether you work in microbrewing or microchips, the programme can help you make improvements to your business performance. We will provide tools, templates and learning that you can use in your business so book your place today and take advantage of this great opportunity.

## A Local Level

The programme focuses on providing support in core business areas of marketing, finance and planning including digital marketing and business start-up workshops. By attending the workshops businesses will also receive an hour's free one-to-one business advice.

To make it as easy as possible for businesses to find workshops they are being held throughout the area including Melbourn, Fulbourn,

Cottenham, Cambourne, St Neots, St Ives, Ramsey, Huntingdon and Alconbury.

## Free Business Advice

If you attend a workshop you will also receive business advice from one of our business advisors. We will help you consider how to implement what you have learned from the workshops, discuss your business specifically and signpost you to any complementary support.

Roger Harrison Huntingdonshire District Council's Executive Councillor for Strategic Economic Development and Legal, commented upon the program, saying: "We are delighted in the initial interest shown in the workshops and that we can now release the full programme. Our local small businesses are the lifeblood of our economy and by supporting this programme we are able to assist them to develop and grow for the prosperity of our community."

Nick Wright, South Cambridgeshire District Council's Cabinet Member for Economic Development, added: "Our previous workshops have been a huge success and the collaboration between the two councils is allowing us to provide a greater number and variety of workshops in local venues across the districts to support our businesses. We are excited by this project and urge businesses to seize this opportunity."

To find out more: 08456 099 991  
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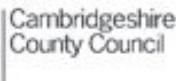
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Contact the College for further information:  
**01487 811338** or  
[email: acl@abbeycollege.cambs.sch.uk](mailto:acl@abbeycollege.cambs.sch.uk)

Full details are on our website  
[www.abbeycollege.cambs.sch.uk/adult-education](http://www.abbeycollege.cambs.sch.uk/adult-education)

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 Office closed 24/03/16 to 14/04/16



# Bury Parish Council report

In March we have 2 meetings: our AGM, followed by the normal monthly meeting. The AGM gives us the opportunity to reflect on the past years' highs and lows and also to receive reports, either in person or sent to our Clerk. This year we again had an excellent public presence with reports from our District Councillor and 6 groups operating in Bury – Bury carpet bowls, Bury playgroup, Ramsey Abbey WI, Bury residents' charity, Bury table tennis club and Ramsey senior citizens club. We thank them all for taking the time to produce their reports. They will all be included with the minutes of the AGM and thus will be a permanent record of events in the village.

We then moved seamlessly into our normal meeting and after our review of e-cops reports we dealt with the one planning application before us this month and moved onto Richard's bi-monthly footpath report. Following a letter from a resident we are investigating claims that the fly-tipping in Holt Drove is as a result of work carried out by UK Power networks and if they acknowledge we will request them to remove the rubbish. We also decided to write to the Ramsey Solar farm expressing our profound concern at the disruption, both to villagers and retail premises, caused by their contractors laying the electrical connection to the Meadow Lane sub-station.

## Children's play area

Our younger childrens' play area continues to give us concern with particular reference

to the surface areas around the equipment. We are investigating other alternatives and liaising with other local councils as to their experiences.

We then had a presentation by a pioneering villager who has set up the Bury Village website. This is independent of any group in Bury and aims to showcase all that is good and happening in the village. I would recommend you visit the site and, if you are as impressed as I was, please interact with it. The site can only develop with input from villagers.

## Speedwatch

Finally Speedwatch has come to Bury and our speedwatch co-ordinator, Jo McGlashan, outlined their objectives concluding with a request for volunteers to assist in this project. Anyone who wishes to join should email, with their names, email and telephone numbers, the dedicated email address for Bury Speedwatch at [csw.bury@gmail.com](mailto:csw.bury@gmail.com), Jo will then send them further information. It is important to emphasise this is a means to encourage people to think about their speed and driving in our village rather than enforcement with penalties.

Bury parish council thank you for your support and as ever welcome all input however you should choose to communicate with us. Don't forget that we meet on the first Wednesday of the month at 7:30pm in Bury village hall.

Check out the Bury Village Website at:  
[www.buryvillage.co.uk](http://www.buryvillage.co.uk)

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# Local Councils: A Land of Confusion

*Here's the Reporter's guide to where, who and how you should complain to about local issues*



## Roles & Functions:

- Council tax payments and benefits
- Bin collections
- Housing and housing benefits
- Council leisure facilities
- Environmental health

## Current Makeup:

**Conservative: 34**

**UKIP: 7**

**Lib Dem: 5**

**Independent: 4**

**Labour: 1**

**Vacant: 1**

particular council was formed by boundary changes in 1973, and has been controlled by the Conservative Party since 1976. Historically there has been a strong Liberal Democrat presence, which diminished in 2013 before the national 2015 elections decimated the party.

Elections to the district council are held in three out of every four years, with one third of the 52 seats on the council being elected at each election. However, a recommendation has been made that will result in all seats being elected every four years, which was opposed by UKIP councillors.

The main functions of the council concern planning, over which it has almost the final say, barring an intervention by the Secretary of State. It also controls licensing and council tax payments, while providing local facilities in the form of the One Leisure Gyms and outdoor centres.

### General Enquiries:

Email: [mail@huntingdonshire.gov.uk](mailto:mail@huntingdonshire.gov.uk)  
Phone: 01480 388388

Huntingdonshire District Council operates between Cambs County Council and the network of Parish councils found in most towns and villages.

With origins in the former shires, this



**Cambridgeshire County Council**

## Roles & Functions:

- Frontline Services
- Children & Families (Adoption)
- Public Health
- Transport and Infrastructure
- Strategy and Development

## Current Makeup:

**Conservative: 30**

**UKIP: 12**

**Lib Dem: 14**

**Independent: 4**

**Labour: 8**

**Vacant: 1**

traditional division of Cambridgeshire.

In 1965, these two administrative counties were merged to form Cambridgeshire and the Isle of Ely. Under the Local Government Act 1972 this merged with the county to the west, Huntingdon and Peterborough. (The latter had been organised in 1965 by the merger of Huntingdonshire with the Soke of Peterborough – previously a part of Northamptonshire which had its own county council).

At a meeting on 11 December 2013, Cambridgeshire County Council resolved to make a change to its governance arrangements to adopt a committee system with effect from 13 May 2014. On that date, the Council also signed a new constitution, effectively doing away with cabinet government.

The County Council is there to deal with the bigger picture, taking some of the states roles including adoption and transportation.

### General Enquiries:

Web: [Online Contact form on CCC website](#)  
Phone: 0345 045 5200



## Roles & Functions:

- Raising local issues in Parliament
- MP's surgeries & constituency work
- Minister for Justice

Shailesh Vara MP has represented North West Cambridgeshire for the last eleven years, replacing the first MP for the area,

Brian Mawhinney. He is a member of the Conservative Party. Born in Uganda, Mr Vara moved to the UK in 1964 before pursuing a career as a solicitor.

A frequent visitor to Ramsey, Mr Vara cites the safety changes made alongside the forty foot dyke as one of his proudest achievements. In the house of commons, he ushered in changes to breast cancer screening through a private members bill, which failed to secure a vote but did lead to the then-Labour government widening the age range for screening.



## Parish Council:

### Roles & Functions:

- looking after community buildings
- open space
- allotments
- play areas
- some street lighting & bus shelters

Parish and town councils lie at the very start of the local council system. Parish and town councils vary enormously in size,

activities and circumstances, representing populations ranging from less than 100 to up to 70,000.

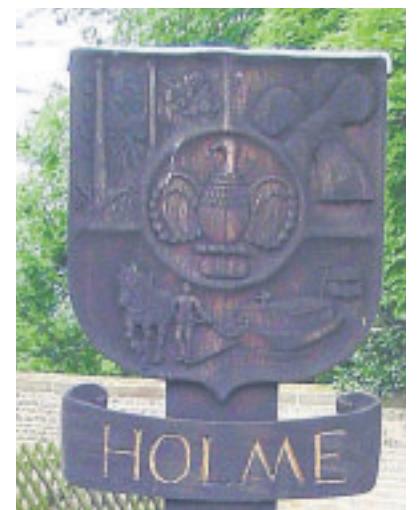
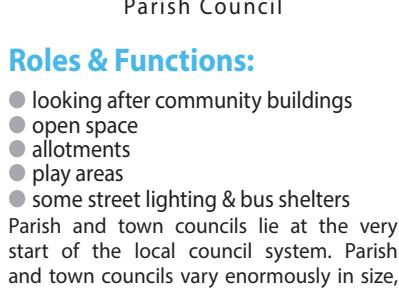
In the local area, almost every village has a representative council, with the exception of the Ramsey Villages (St Mary's, Heights, Forty Foot & Mereside), who are represented in Ramsey Town Council, which is the largest Parish body in terms of area.

This level of government offers a unique local

perspective, and is consulted on all planning matters relating to its jurisdiction. It is also responsible for events at a grassroots level.

### General Enquiries:

Most parish councils are contactable through a village website, but all details for Chairpeople and Clerks are held on the Hunts District Council website, and are easily searchable online.



# Keep taking the Tablet?

By Peter Stevens  
Computer Group Leader

We live in an age of digital technology and if you blink twice your devices are out of date. So do you know where the 'Cloud' is? Is Windows 10 a mystery when your house has only nine? Do you have a lap-top, iPad, or tablet that you don't know what to do with? Do you think you are too old for all that techie stuff?

Ramsey U3A may have the answer. We have a Computer group that could be just what you want. The group is open to all U3A members, both complete beginners and people who would like some more help.

Our meetings are conducted in a very friendly and free-flowing manner, with no set format in very congenial surroundings and with individual members being able to participate well within their capabilities.

The aim is to transfer knowledge from those that have to those that need it, in a practical way using "hands on" experience for easy learning, and usually on a "one to one" basis. The most common question is "How do I do this .....?" and so far there has always been someone within the group who has been able to supply the answer.

The majority of members bring along their own laptops, tablets, or iPad to the meeting, so we are never short of a keyboard or screen to help illustrate an answer or a solution.

If you would like to find out more about our Computer Group please get in touch with Nina Akehurst on 01487 711265.

U3A (University of the Third Age) is a national organisation dedicated to providing life changing opportunities.



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## The iPad

By Anne Fieldhouse

So I enquired of my Dad  
Should I buy an iPad?  
He replied "Well, what does it do?"  
I went to the store  
To find out some more  
And spoke to a very nice man  
You can email and browse  
Never leaving the house  
Take pictures which store in the Cloud  
You can swipe til you drop  
Facetime and shop  
He told me as I paid the bill  
I took home the gadget  
It's become a new habit  
To swipe left and right in the night  
"An iPad is great"  
I said to my Pate  
Now I will be "techie" forever

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## KIRA'S CORNER

### Destination Prague

As mentioned in last month's article, March's city break was Prague. I have made it my aim to travel as much as I possibly can this year and travel to new places, with Prague being a place both my mum and I really wanted to travel to.

Getting a deal on low cost holidays for £125 each (central 4\* bed and breakfast hotel, flights and transfers) and taking only ten thousand Czech Korona between us (around



## READERS WRITE

### Reading cover to cover

*Dear Sir,*

*I would just like to comment on your March edition which was so informative that I actually read it from cover to cover (I usually hop about to things that I am interested in).*

*Please congratulate your staff for the way they enlighten the community in such a clear and direct way. I take a straw poll of U3A members every now and again and they all look forward to receiving and reading your publication. Thank you.*

**Enid Hubbard**  
Ramsey & District U3A

### A word to the wise

*Dear Sir,*

*I cannot remember the last time we had a regular newspaper delivered to our area. Will we be seeing more Benwick news in the future?*

**J Simpson, Benwick**

£300) this was a trip done on a budget. Saying that, it is one of our favourite places we have travelled to, and definitely our favourite city so far.

Highly recommended for: A city break filled with interesting things to see and do such as the Charles Bridge, Prague Castle, horse riding through the countryside, Jazz river tours and so much more!

### Is it safe to travel?

With the recent terrorist attacks in Brussels, a lot of people are now questioning whether it's safe to travel to popular city destinations. Although I feel this is justifiable, I don't believe we should live in fear over such attacks. Terrorism has been a problem for many years and although attacks have become more frequent, I personally will continue to travel as I feel it is still relatively safe to do so.

### Get Moving!

With it officially being Spring, start taking advantage of the lighter evenings with gentle jogs, walks and gardening. A lot of people find the transition between winter and spring difficult, however the lighter evenings provide the perfect opportunity for exercise, spring cleaning/gardening and even car washing. It isn't a matter of what to do, as long as you're getting out in the open air. Summer is on its way, prepare!



## RAMSEY WALLED GARDEN RECIPE OF THE MONTH



SERVES  
4-6

### Rhubarb Tart

#### METHOD

**There is not much left in the gardens now but rhubarb is coming into season. We will not have much rhubarb in the Walled Garden this year as we dug it up and moved it to a new bed, but it should be much better in future years.**

#### INGREDIENTS

3 eggs  
50g (2 oz) sugar  
275 ml double cream  
Grated zest of 1 orange  
450gm (1lb) rhubarb cut roughly into 3cm (1in) lengths  
50gm (2oz) toasted flaked almonds (optional)  
**For the shortcrust pastry (or use bought pastry)**  
150gm (6 oz) plain flour  
50gm (2oz) caster sugar  
75gm (3oz) butter  
1 egg yolk  
A little cold water

1. Make the pastry by mixing the flour and sugar. Add the cold butter in small pieces and process or rub in until the mixture resembles breadcrumbs. Add the egg yolk with a little cold water and mix until it comes together. Roll on a floured surface and line a buttered 20cm flan tin. Chill in the fridge for half an hour.

2. Preheat oven to gas mark 5 or 190°C. Prick the pastry and cover with foil or greaseproof paper and weight down with baking beans (or rice). Bake blind for 15 minutes. Remove the foil and beans and bake for a further 10 minutes. Baking blind like this should mean no soggy bottom.

3. Arrange rhubarb pieces over the pastry base. Mix the cream and eggs with the orange zest. Pour cream mixture over the rhubarb and bake for about 25 minutes until the filling is firm and beginning to colour.

4. Allow to cool and scatter over the toasted almonds (if using)

## HAVE YOU TRIED MAKING ONE OF OUR RECIPES?

If you have, we'd like to know your thoughts!

Please contact us  
[mail@ramseyandwarboysreporter.co.uk](mailto:mail@ramseyandwarboysreporter.co.uk)

# An elected mayor and an eastern powerhouse, or a forgettable figure and bureaucratic battalions

by Adam Roberts



In the 1980's, Ronald Regan's critics misappropriated the term trickle-down economics, an originally humorous turn of phrase marketed as a hands-off approach to low tax-and-spend republicanism. Allow me to similarly misuse this aphorism; in England, local government is becoming a trickle-up travesty.

Trickle, because like a dripping tap the slow movement of time is leaving a deeper and deeper mark, from which there will eventually be no coming back. Up, because we are slowly losing track of our officials from the bottom-up. And travesty, because that is what this system is slowly becoming. Full disclosure: I adore the lowest level of local government. I have never been to a Parish Council meeting where the discourse hasn't been frank and honest, where opinions are not collected, and the right course of action was not duly taken or recommended. They are generally made up of well meaning, community oriented parishioners who honestly want what is best for their fellow residents. As I often happily comment, it is the purest form of representative democracy.

Then we trickle diagonally to Town Council level. With near identical powers and similar interests as the parishes, many of the same community servants can be found. However,

the slender fingers of party politics and self-interest begin to show. As we continue up to District level, the gap between elector and elected begins to widen, while the County Council are the forgotten masters of local daily life. This, despite the absurd limitations with regards to strategic growth and the variation in control of planning and transport, I can stomach.

Next to come, it seems, is an elected mayor, representing the 'Eastern Powerhouse' of Cambridgeshire, Suffolk and Norfolk, with responsibilities that are expected to include infrastructure management and growth policy. "Devolution revolution" is a nifty soundbite, but the witty rhetoric hides the speed at which this radical chance has been pushed through and wallpapered over the cracks in the policy as a whole.

Firstly, this has been done with little electoral interface, to turn a 21st century phrase. Some will remember John Prescott's attempts at introducing devolved government in 2004, which were met with near zero popular support and subject to an embarrassing referendum rejection in the high 70% range. The present Conservative government has neatly sidestepped this with some sleight of hand; while the country focuses on sugar taxes and disability benefits, this measure quietly slips through into position. But, as

some local figures have suggested, the policy is being pushed through so fast that position papers distributed in the morning have changed completely by the afternoon, and while £1 billion is being touted as local investment, some councillors are unsure as to how that money could even be spent.

A cynic might argue that the various levels of council might welcome another body simply to take the more difficult and costly roles off their hands and out of their budgets. However, both the District and County Councils are still being asked to cut millions in operational costs, a measure which has a direct impact on frontline amenities. Could one billion pounds of public money not be better spent on these suffering services?

Now, let's take a gander at the electoral side. A similar innovation was the role of Police and Crime Commissioner, which has turned from a valued public body into a partisan political football. Touted as having an oversight brief, the position itself is subject to a largely financial portfolio, and elected through turn-outs that would make any politician laugh with malevolent glee.

The problems here would quadruple during the election of a supposed first citizen of the Eastern Powerhouse. Additionally, which figure could hope to have experience of all three counties? Between them, Cam-

bridgeshire, Norfolk and Suffolk elect 23 MPs, 228 County Councillors and hundreds of District Councillors. Selecting one single citizen, who values the entire electorate and can effectively represent the area as a supposed 'figurehead' in Parliament, is next to impossible. There is also the question of the entirely inappropriate and unnecessary civic responsibility. With Huntingdonshire alone represented by four mayors, this new figure may not even be required to open a new shopping centre.

We are already beginning to suffer a division between the electorate and their representatives at a local level. The sad fact is that we won't notice this new character, who will be largely forgotten the week after they are inevitably sworn in. The 24-hour news cycle will quickly dump any announcement, and then we will be left vaguely aware of a name we half recognize when it appears on Look East. To take a tally, political accountability will be low, local value will be zero, and Cambridgeshire as a whole will suffer as its high growth and economic success is smeared across the new 'powerhouse' like butter spread over too much toast. Oh well, that's politics I guess.

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# VIPs in Ramsey & beyond

By Ann Cuthbert

Ramsey's Promotions Officer • ann.cuthbert@cambsacre.org.uk

Tourist Information offices are a thing of the past around these parts, so I have been recruiting VIPs for Ramsey. Visitor Information Points are, of course, manned by "Very Important People" and will come in many different forms. The library, shops, pubs, cafes and any other places where a visitor to the town might call.

The VIPs have a sticker in the window identifying them as a place to collect information and each has a stock of mini folders to give out to visitors. Each folder has a pull out map and leaflets on Ramsey

including trails, shopping and our heritage attractions. The pack also directs visitors to [www.discoverramsey.co.uk](http://www.discoverramsey.co.uk) so that they can access lots more information and a calendar of events. Finding enthusiasts for promoting Ramsey in the town itself is not difficult – our local businesses and services are, happily, keen to tell Ramsey's story.

I am currently visiting towns, tourist attractions and accommodation providers in a 20 mile radius of Ramsey to recruit VIPs

further afield. I'll also be attending as many events as I can, such as the Yaxley Festival, to spread the word about what we have to offer.



James Nicol in the Library

For more information about this work,  
please visit:

[www.discoverramsey.co.uk](http://www.discoverramsey.co.uk)

or contact Ann Cuthbert on

[ann.cuthbert@cambsacre.org.uk](mailto:ann.cuthbert@cambsacre.org.uk)



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# After forty years, Wades is on the move

Every Ramsey resident has known the store, and visited at least once to buy that one item they just couldn't get their hands on. Now, one of Ramsey's oldest businesses is on the move.

Wades will be moving into a purpose built store just down the road, from which the owners plan to increase stock and provide a new and improved store layout.

The most recent incarnation of the store began in November 1973 when Peter and Maisie bought the shop. Having split their businesses between the various family members, it is Alan, Peter's son, who now runs Wades along with his wife Annette, their son Luke and five additional staff members, although they hope to take on even more staff as they move to the much larger premises.

Known locally for its DIY equipment and bicycle supplies, Wades already stock almost anything you might need, as they stay true to a tradition of village stores that dates back as far as most residents can remember. This now includes Euronics, which Wades has been part of for more than three years, while all manner of appliances, toys, tools, cards, electronics and TVs can be purchased from within its walls. You will find all major electrical brands in stock like Samsung, Neff, Siemens, Bosch and Smeg, even Euronics' exclusive brand Blomberg.



Not content to simply sell you the television, Wades also offers a service involving Sky TV, providing a bespoke installation service if required with any new equipment, all while featuring cheaper monthly deals than Sky direct. Full TV aerial services are available, alongside a bespoke TV installation service. Wades is also moving online, with a website that has been in development for many months, largely due to the thousands of product lines that need to be programmed in. When completed, customers will be able to locate and buy upwards of 30,000 different items, including anything you can find in the store.

With bikes, garden tools, electronics, DIY equipment, light bulbs, appliances, fishing supplies, gifts, cards, toys and more to move across, there is plenty of hard work still to come. We will continue to watch this space and report back on the new location and

what is in store for Ramsey consumers. Wades is now on Facebook and regularly runs competitions, allowing customers to follow them and win anything from televisions to lawnmowers. Why not follow

them yourself for a chance to win! Contact Wades today on:  
**01487 813 537**  
Email: [shop@wades.co.uk](mailto:shop@wades.co.uk)

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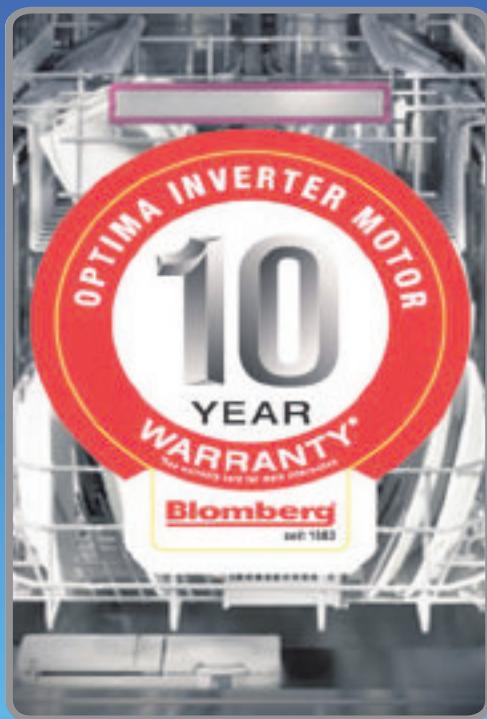
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# CAMBS HOME IMPROVEMENTS

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We are a small, friendly, local business in Ramsey and we pride ourselves on providing quality products and installations, with a large proportion of our work coming through recommendations from satisfied customers. The business started in 2002 and we have many years' experience carrying out hundreds of installations locally and within Cambridgeshire. From just one window to a large house of 20 windows in a chosen colour, back doors or the ever popular coloured composite front doors available in endless designs.

#### New products

New products that are really starting to gather momentum are bi-folding doors and the super insulated replacement warm roofs systems that can be smart or traditional looking - they replace old and tired conservatories, and make it a warmer and usable room all year round. We offer endless designs



and options using any of these products.

All of our installations come with a 10 year, insurance backed warranty for peace of mind, as part of our service. We advise and provide free quotations, from our initial visit we listen to what you, the customer really wants, providing additional information that



may have been overlooked, giving other options that you may not have thought of, we then offer products based on information we have from you. We also provide relevant advice on current building regulations that most of our home improvements will need.



Should you require any information or be interested in any of our products then you can either phone us, email or leave a message through our website at [www.cwhi.co.uk](http://www.cwhi.co.uk) where we would be pleased to listen to what home improvement you may be interested in.

## SPRING INTO SUMMER AT HOLWOOD NURSERY



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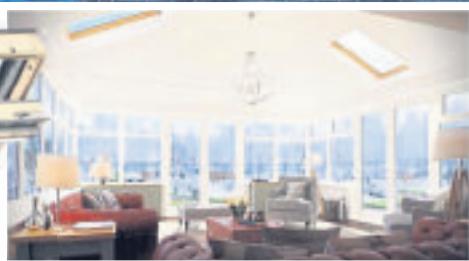
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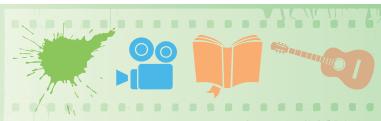
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## ARTS+ENTERTAINMENT

# Tragedy, triumph and a premier performance



**Bryony Smith** listens to Viola Beach and speaks to young new band: The Misbegotten

by Bryony Smith

UK band Viola Beach and their manager all died during the tragedy that took place in Sweden, Saturday 13th February.

All four of the young musicians were left in the canal for an hour after crashing over 80ft before the authorities arrived at the scene. According to the Swedish police, two emergency calls were ignored due to a monitor operator who failed to notice the broken barrier as he had been "concentrating on other screens". Due to new findings, there is much speculation on what actually occurred in the early hours of that dreadful morning.

Nevertheless, the public made a stand and demonstrated their support for the band. 'Swings & Waterslides' have taken the charts by storm, being made number 1 on Itunes. After listening to each of their songs I regrettfully submit that I have no doubt Viola Beach would become the next Indie band for this generation. Their music is classic, with each song being recognisable to the band and yet individual in its own right, following in the footsteps of the Kooks or Catfish and the Bottlemen. They definitely have a signature sound and have left their mark on the British public.

It is a true loss to the British music industry but they will live on in their music, filling our summer days, and be an inspiration for thousands of young people.

If you like Viola Beach, maybe try The Misbegotten. After making their debut earlier this year, they're due to be playing later this month and have a few gigs lined up

in May. Interviewing the band after a charity gig at Godmanchester on the 5th March was a surreal experience to say the least. Their entrance built by the chanting of crowds, they described their performance as "pretty mental" and one of "the best experiences of my life". I caught up with them earlier this month to find out a little more about their sound, and what was in store for the future.

**So guys! How was your first performance?**

**Austin:** Having bouncers telling everyone to calm down and someone crowd surfing at your first gig is pretty mental.

**Jack:** Walking out on stage in complete darkness to chants before we began was one of the best experiences of my life.

**For those who don't know your music how would you describe it?**

**Harrison:** Raffish. "The Misbegotten" blends suitable raw guitar-heavy tracks with raffish lyrics.

**Austin:** I actually quite like that.

**Jack:** It's like a mix of alternative favourites like early Arctic Monkeys to the Libertines.

**Arctic Monkeys huh? What are your opinions on Viola Beach's music?**

**Harrison:** I like them. I think if we had heard of them before we would have ended up seeing them up front and centre.

**Fin:** Swings and Waterslides is a tune.

**Any future plans for the band?**

**Harrison:** We're planning on releasing music on Spotify but that's hush hush.

**Fin:** Good things are coming.

**Jack:** Scenes.

**Any future gigs we can know about?**

**Harrison:** We're performing at the Indiana.

**Austin:** We have a few potential gigs lined up in pubs and Workingman's clubs.

**Fin:** The Cherry Tree is on the cards.



Top from left: Fin Rimmer, aged 16, (bass guitarist), Harrison O'Connor, aged 17, (guitarist and vocals)  
Bottom from left: Austin O'Neill, aged 16, (vocals and guitarist), Jack Schiavo, aged 16, (drummer and vocals)

### Listening In

Bryony brings you her assessment of the only Viola Beach songs to make it into the public domain, with a rating given by The Misbegotten.

**Swings & Waterslides:** ★★★★☆

This song has swept across the nation, filling our cars with thoughts of summer as we wind down our windows and the cobwebs from winter have been wiped away. The guitar riff brings an atmosphere of the beach and spontaneity. It is the song for summer; try this song if you are a fan of Two Door Cinema Club, George Ezra or Vance Joy.

**Get to Dancing:** ★★★

Like a true rocker, lead singer Kris Leonard shows off his husky tones. The song is absolutely made for the drums, building and fading and creating an amazing harmony with the bass. Although the beginning half of the song isn't as strong, the second half comes in abundance with melody and rhythm and solo section, which build to this explosion of sound.

**Like a Fool:** ★★★

One of my favourite beginnings to a song is within Like a Fool. There is something about the contrast of pace between vocals and instruments which just creates this beautiful

melody, alongside the bass. The change to a minor key during the chorus gives it a dark and old indie band vibe.

**Boys That Sing:** ★★★★☆

I have to admit, it took a few listens to this song to really love it. The drum and bass give the song an undertone and depth, almost taking on an alternative jazz in the bridge, while the guitar has that classic riff that has us dreaming of sun.

**Cherry Vimto:** ★★★★☆

Slower than their other songs, Cherry Vimto relaxes any mood and creates the impression that anything you were worrying about before just doesn't exist. This lazy day song, is a romantic and yet still uplifting; still maintaining their recognisable melody and beat.

**All Week:** ★★★★★

As a personal lover of acoustic songs, this one ticks all the boxes. Almost like an old Ed Sheeran gem, this song is a diamond in the rough. Its simplicity of pure vocals and strings makes this song the perfect song for day dreaming and procrastinating and one that you imagine yourself lying on a lilo while dozily floating around in a crystal blue pool.



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# DISTRICT COUNCIL NEWS



## COUNCIL TAX BAND APPEALS NOW FREE

## MAJOR CAMPAIGN LAUNCHED TO ENCOURAGE VOTERS

Having been alerted to a scam running in the Huntingdonshire area, Huntingdonshire District Council have announced that residents can appeal their Council Tax Band for free if they feel their banding is incorrect.

Council Tax officers from HDC are keen to ensure that residents are aware of this policy. This follows calls received by the council from two residents who have recently been approached by companies who suggested their property had been banded incorrectly and who offered to help them claim money back for a charge of £69.99.

Councillor Darren Tysoe, Executive Councillor for Customer Services, said: "If you wish to check your Council Tax Band, or to appeal, you should first of all read the information on the district Council's website. If you then feel you are eligible, you can make an appeal for free to the Valuation Office Agency (VOA). Neither the District Council nor the VOA charge for this service and we want to ensure that residents are not taken in by these companies who charge large amounts of money."

It has been made clear in the past that such companies bear no relation to current law.

Voters in England are being advised to register as soon as possible ahead of the upcoming local elections in May.

As a major national advertising campaign is launched across England to encourage voter registration ahead of local government and Police and Crime Commissioner (PCC) elections, Huntingdonshire is encouraging local people to visit [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote) to register to vote.

On Thursday 5 May voters in England will go to the polls to elect local councillors and a Police and Crime Commissioner. Registering now for the elections in May will also mean voters are registered in good time before the referendum on the UK's membership of the European Union on 23 June.

The Electoral Commission launched its national voter registration campaign to remind people to register by the deadline of Monday 18 April. In England advertising will appear on TV and online. This is in addition to the work that is already being carried out across England by the Commission and partner organisations, which started earlier this year.

**YOUR VOTE MATTERS**

**MAKE SURE YOU'RE IN**



Make sure you're registered to vote  
Register at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)

Joanne Lancaster, Electoral Registration Officer for Huntingdonshire, said: "Time is now running out to make sure you can take part in these elections, so I'd encourage everyone in Huntingdonshire to take action now if they're not already registered to vote. Our message is simple: you can't vote if you aren't registered by 18 April. It's easy and only takes a few minutes online – just head to [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)."

Ben Brook, Head of the Electoral Commission, English Regions, said: "Our public awareness campaign across England aims to encourage anyone not yet registered, to do so as soon as possible. Our research shows that young people, students and recent home movers are less likely to be registered to vote. If you're not registered you won't be able to have your say on issues that directly affect your day-to-day life in Huntingdonshire."



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BY SAM THE PHYSIO

This month I will be veering away from specific sports injuries and attempting to wade through the murky waters of lower back pain. As you may have guessed lower back pain is an exceptionally generalised condition with an irritatingly large array of causes including muscle, tendon, ligament, nerve, bone or disc. Approximately 80% of the population will suffer from some form of lower back pain according to government statistics and, as such it is a condition that fills a fairly large portion of a physiotherapist's time. With such a complex system of interacting structures it can be difficult to determine what might be causing the problem and what is merely a symptom of said cause. There are however some specific things that

**"Approximately 80% of the population will suffer from some form of lower back pain..."**

can be done to help reduce pain in a number of lower back pain cases, which is nice. The first and most important thing to remember is to try to avoid strict bed rest. Back pain tends to react well to movement as it helps to maintain muscular elasticity and prevents the area from becoming stiff. Combine this with regular application of heat and you should notice a relatively quick reduction in symptoms. As symptoms recede it can be beneficial to complete rotational exercises for the spine and pelvic tilts. These exercises help to improve the mobility of the joints in the spine and between the sacrum (at the base of the spine) and pelvis as well as keeping the muscles surrounding them supple.

When it comes to preventing lower back pain from returning, a widely advocated method is to use light core strengthening and mobility exercises. This needs to incorporate the entire core area, including muscles in the back and round the hips, not just the abdominal muscles; it should also be stressed that abdominal exercises should target the deep abdominal muscles, in particular, Transverse Abdominis (activated by trying to

pull your stomach in). Some useful exercises to work on would be isometric contract/relax exercises, planks, glute bridges and back extensions followed by lumbar rotations and stretches. Alternatively, it may

be worthwhile taking up yoga as the core values of the practice is of strength and suppleness.

Of course it's not always as simple as all that and there are some red flags

to be aware of. I would recommend seeking professional medical advice if you experience

numbness or weakness in the legs, pain down both legs, pain that doesn't ease when resting or if you have a longstanding history of steroid use, recent serious illness or recent unexplained weight loss.

Because lower back pain can be caused by a variety of problems with any parts of the complex, interconnected network of spinal muscles, nerves, bones, discs or tendons in the lumbar spine, it can be either very simple or highly convoluted. As always, if you are ever bothered by your symptoms contact your GP or seek advice



# A dark but familiar shadow

## Coping with Lower Back Pain

SWIMMING POOL TIMETABLE ONE LEISURE RAMSEY													
Fri 1st April	Early Birds 6.30 - 8.30		Private Use 8.30 - 11.00	Parents & Under 8's 11.00 - 11.55	Lane Swim 12.00 - 1.00	Inflatable Fun 1.15 - 3.15		Junior Lessons 3.30 - 6.00	Public Swim 6.00 - 7.30		Canoe Club 7.30 - 9.00		
Sat 2nd April	Early Birds 7.30 - 8.30		Junior Lessons 8.30 - 12.00	Party Hire 12.00 - 12.50	Floats Fun 1.00 - 3.00		Party Hire 3.00 - 3.50	Swimming pool closes at 4.00pm					
Sun 3rd April	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.55	Party Hire 12.00 - 12.50	Floats Fun 1.00 - 2.30	Public Swim 2.30 - 4.00	Swimming pool closes at 4.00pm					
Mon 4th April	Early Birds 6.30 - 8.30		Private Use 8.30 - 11.00	Parents & Under 8's 11.00 - 12.00	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.30		Junior Lessons 3.30 - 6.00	Public Swim 6.00 - 7.30		Lane Swim 7.30 - 9.00		
Tue 5th April	Early Birds 6.30 - 8.30		Private Use 8.30 - 11.00	Aquafit 11.05 - 11.55	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.30		Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Lane Swim 7.00 - 8.00	Private Use 8.00 - 9.00		
Wed 6th April	Early Birds 6.30 - 8.30		Private Use 8.30 - 11.00	Parents & Under 8's 11.00 - 11.55	Aquafit 12.05 - 12.55	Floats Fun 1.15 - 3.30		Junior Lessons 3.30 - 6.00	Floats Fun 6.00 - 7.00	Aquafit 7.05 - 7.55	Lane Swim 8.00 - 9.00		
Thu 7th April	Early Birds 6.30 - 8.30		Private Use 8.30 - 11.00	Adult Lessons 10.30 - 11.30	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.30		Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.30	Lane Swim 7.30 - 9.00			
Fri 8th April	Early Birds 6.30 - 8.30		Private Use 8.30 - 11.00	Parents & Under 8's 11.00 - 11.55	Lane Swim 12.00 - 1.00	Inflatable Fun 1.15 - 3.15		Junior Lessons 3.30 - 6.00	Public Swim 6.00 - 7.30	Canoe Club 7.30 - 9.00			
Sat 9th April	Early Birds 7.30 - 8.30	Junior Lessons 8.30 - 12.00		Party Hire 12.00 - 12.50	Floats Fun 1.00 - 3.00		Party Hire 3.00 - 3.50	Swimming pool closes at 4.00pm					
Sun 10th April	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.55	Party Hire 12.00 - 12.50	Floats Fun 1.00 - 2.30	Public Swim 2.30 - 4.00	Swimming pool closes at 4.00pm					

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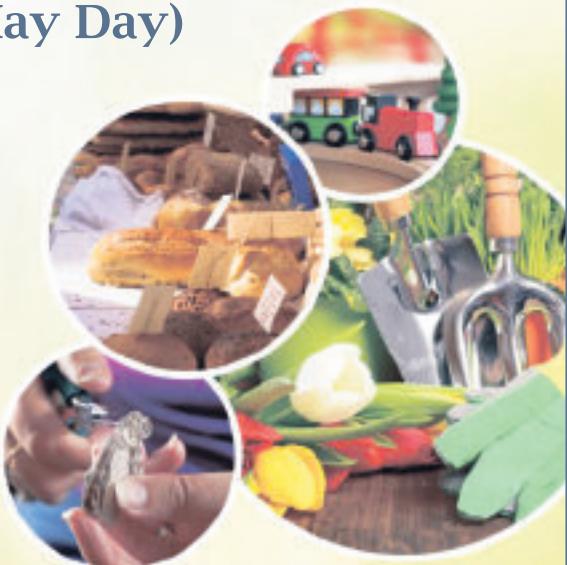
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### PRIVATE HIRE



# PURSER & LUXFORD - CITROEN DS3 REVIEW

The DS3 comes into a tough market, taking on the Mini and the Audi A1. And yet, with more space, some quality tech and plenty of charisma, this car comes out on top. Let's start with that great bodywork, which has been updated for 2016 by taking off the last of the Citroen edges. The car comes in both a three door hatchback style, with excellent space and a surpassingly curvaceous rear, or as a cabriolet, which sacrifices boot-space for a very clever folding roof.

Under the hood, the 1.2 litre PureTech motor is both decently speedy and economical, with plenty of pulling power and considerable refinement on the road, which when coupled with the lack of road and wind noise make this super-mini a quiet and sophisticated choice. A top-spec 128bhp version is also available, for those that really want hot-hatch power, and you have both BlueHDI 100 and 120 models of diesel engine, which add more torque and stamina to your drive.

Either way, the drive is excellent, with very little body movement through the corners, while the DS3 has the presence of mind to take on the difficult cambers and bumps inherent to fen roads. The gearbox is excellent regardless of choice, although reviewers have been very complimentary of the motorway-optimised six-speed manual gearbox available in the higher power models.

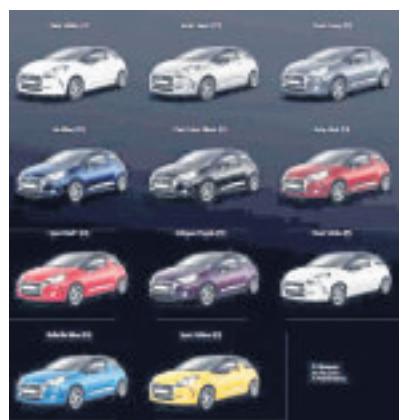
Moving within, the cabin itself is styled in the traditional manner of a French automobile, which is to say 'boutique'. Plenty of though



has been put into the dashboard, which is nicely detailed and comes with polished metal highlights around the glossy black plastic, while buyers are offered a choice of dash inserts in the passenger side.

As for extras, you can enjoy a touchscreen dashboard with Apple CarPlay, alongside the usual refinements. All models feature cruise control, a speed limiter, front electric windows, tyre pressure monitors and front fog lights, while every version up from the base car gets LED interior mood lighting. Safety features include the Active City

Breaking, which senses accidents about to happen at low speeds, and comes as standard. As for infotainment, you are looking at remote stereo controls, and Bluetooth, USB socket, and DAB radios. Finally, we come to practicality. This car offers something for everyone. If you are just looking to commute, you have useful cubbyholes for your kit and decent size seats. If you have a family, you will find the kids have plenty of room in the back, and the boot is suitable for holiday luggage and school sports days. Looking for a



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# Burton Brothers wins Vauxhall Customer Excellence Award for the third time

Vauxhall dealership, Burton Brothers of Bury Road, Ramsey have once again won the Customer Excellence Award which recognises and rewards top performing dealers for the quality of service they give their customers, using only customer satisfaction as the judging criteria.

Burton Brothers previously won the award last year and in 2012.

## Deciding factors

The award is voted for by customers who Vauxhall have written to and the deciding factors are based on Service on their vehicle, Staff Attitude, Behaviour, Loan Cars (FREE to customers – including insurance), and a Discount Club for members. The investment in the business and overall customer experience are also taken into consideration.

Internal communications manager, Jos Sharp helped celebrate this latest achievement by



presenting the award to Tony Burton and the team at their Bury Road showroom on Thursday 25th February.

Burtons have received a commemorative plaque to display in their showroom.

**Burton Brothers are based in Bury Road, Ramsey PE26 1NE.**  
**Telephone: 01487 813 545 or visit their web site at:**  
[www.burton-brothers.co.uk](http://www.burton-brothers.co.uk)



## Why not go Karting this spring?

If you are looking for a family activity to occupy everyone at the weekend, try Rally Karting Centre.

Rally Karting Centre, at Kings Ripton, has Quad Bikes, Rally Karts and Four Wheel Drive. It attracts all members of the family, and provides for parties, stag do's and corporate clients alike. However, having never driven a go-cart outside, we thought it would be worth popping along and finding out what it's all about.

Our party of six arrived early, finding plenty of parking available, before heading inside to get kitted out. All safety equipment is provided including helmet and suits for the wetter weather, and the overseers are also Health and Safety Approved, Lantra Certified and hold appropriate First Aid qualifications. Fortunately, we did not require these services.

After a quick safety briefing, we were off out into the carts! Our 400cc Liberator rally karts, complete with zero-roll suspension, all-terrain

tyres and a full race Corbeau seat with full safety harness, were particularly easy to drive without any previous experience, although as you will see, a good driver can really make them fly! There may be up to four Liberators on the track at any one time, but if you want to drive by yourself, you can do so.

For the safety of all concerned, the Rally Karting Centre operates a strict no contact policy at all times, although one of our party did have a slight incident with a barrel during a particularly tight turn. It is also recommended that those drivers less than 12 years old should only be on the track with youngsters of similar ages.

Once you have mastered the skills to handle a Quad bike on a flat circuit, you should try your courage and nerve on a thrilling all terrain circuit. Both children (from 12 years) and adults are given the opportunity to drive a four wheel drive vehicle on a number of circuits including the new all-terrain course complete with a mud bath. This is a chance to have a bit of fun off road but still be safe. It's also the perfect chance for youngsters, and adults alike keen to get behind the wheel to do so in a safe environment. We particularly enjoyed the flat track, with its chicane turns and long straights, where we could give chase to whomever was in front.

For more information, go to [www.rallykarting-centre.co.uk](http://www.rallykarting-centre.co.uk)



We have a selection of MX5s - MkI and IIs from £1500 to £1800

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15	Astra 1.4T White, Leather Trim, Low Miles	£16,995	£14,995	15 Astra 1.4T White, Leather Trim, Low Miles
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63	Kia Picanto City 3Dr, Bright Red, Air Con, Only 3,000 Miles	£6,995	£5,995	WAS NOW
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10	VW Polo 1.4 Fox (Ltd Ed) 3Dr, Black, 40,000 Miles, Lovely Example	£4,295	£4,295	£4,495
08	Seat Ibiza 1.2 Freelander, Black, 45,000 Miles	£3,995	£3,995	58 Renault Megane Dynamique 1.5 Diesel 5Dr, Met Red, Local Car, 78,000 Miles
59	Peugeot 107 Limited Edition, Met Blue, 59,000 Miles	£3,495	£3,495	10 VW Polo 1.4 Fox (Ltd Ed) 3Dr, Black, 40,000 Miles, Lovely Example
55	Ford C-Max 1.6 Diesel, Silver, 86,000 Miles	£3,495	£2,695	08 Seat Ibiza 1.2 Freelander, Black, 45,000 Miles
55	Citroen C3 SX 5Dr, Silver, 72,000 Miles, Local Car	£2,695	£2,495	59 Ford C-Max 1.6 Diesel, Silver, 86,000 Miles
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# SPORT



## New Roof for UPWOOD CRICKET CLUB

Upwood Cricket Club continues to develop their pavilion with a new roof to replace the old corrugated iron one. Most of the work was carried out by club stalwart and grounds man, David Drage (pictured on the roof). He was ably supported by Rob Landymore, Martin Smith (pictured) Neil Tuffin and Richard German – the latter's 6 foot 4 inch frame coming in very handy when lifting the new sections into place. The project was funded with sponsorship from

Parallel UK and should mean a dryer and warmer clubhouse in early Spring and Autumn and a cooler one when hopefully the sun shines in the summer.

### Working weekend

David has also been very busy making lots of major alterations and improvements, spending a lot of his free time at the club; his efforts are very much appreciated. The club are having a working weekend on the 9th of April to hopefully complete



a few things and tidy up inside and outside the buildings – however time is going to be tight. One major area that still needs completing is the two new shower areas with the club trying to source materials and a plumber to fit four showers, water tanks and a pump. The new kitchen was finished and in place by Easter, fitted by local home improver Gary Lowe. This project will be in part paid for by a grant obtained through the county board. Future projects in the pipeline include some new covers and a site screen. with the junior being Saturday 2 till 4 pm at Ramsey Sports Hall. These have been well attended but there is room for more. The cost is £3 for an hour. There will be junior coaching outdoors on Monday night from 5-30 to 7-30pm for all ages. The date to start this had not been finalised when we received this report as the ground was very soggy with all the rain and needed to dry out, however the target is 18th April.



## LOCAL WARBOYS MAN TAKES ON THE Iron Man challenge

On Sunday, 17th July, Warboys resident James Langley will be taking on the Iron Man UK challenge in Bolton.

The Iron Man race consists of a 2.4 mile swim, a 112 mile bike ride and a 26.2 mile run. Raising money for the Macmillan charity, James is hoping to achieve a £2000 total, with emphasis on the new Woodlands Macmillan Centre in Huntingdon to help those local to him.

Look out for any local fundraising events being planned in the near future and help give to such a great cause. Race nights are currently being organised.

You can **donate** to the Just Giving page at <https://www.justgiving.com/Jameslangleyironman>  
Or text to **donate** to IMAN86 £(the amount you wish to donate) to 70070  
For more information you can contact the Facebook page at <https://www.facebook.com/Jameslangleyironman2016/>





# SPORT

## What's going on at One Leisure?

### CyclONE is coming to One Leisure on Saturday 16th April

Coming soon to all One Leisure sites, including Ramsey, is CyclONE Indoor cycling!

CyclONE is a brand new indoor cycling brand which One Leisure will be launching with a very special event on Saturday 16th April at the Burgess Hall, One Leisure St Ives.

From 1:00pm to 5:30pm, you can come along to the showcase and experience the fantastic Matrix My Ride system, and IC7 bikes which feature in CyclONE.

### Local councillor supports disability event

Upwood Parish Chairman and District Councillor Robin Howe has championed an upcoming amputee football match being played in the local area.

On Sunday 17 April, from 11am until 1pm, Peterborough United Amputee Team is playing two England Amputee Football Association (EAFA) National League fixtures at Huntingdonshire District Council's One Leisure Outdoor Centre in St Ives.



Councillor Robin Howe, whose executive responsibilities include commercial activities and One Leisure, said: "It is fantastic that the One Leisure Outdoor Centre is used for National League games such as this. Good luck to all!"

Peterborough United Amputee Team will be playing the first game which will start at 11am. The opposition for the day are the Portsmouth Amputee and Arsenal Amputee teams, who will also play each other at the Outdoor Centre on the same day.

Amputee football follows similar rules to football but allows teams to participate while using crutches or prosthetics, and is becoming increasingly popular amongst disabled athletes.

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Race HQ: OneLeisure, Abbey College, Hollow Lane, Ramsey, Cambridgeshire PE26 1DP

**ENTRIES OPEN SATURDAY 16th APRIL 2016**

Online entry only at:

[www.ramseyroadrunners.org.uk/abbey10k](http://www.ramseyroadrunners.org.uk/abbey10k)

To get in touch use the Contact Us link on our website

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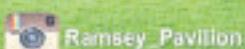
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Tel: 07739 571058  
Email: [info@ramseypavilionfc.co.uk](mailto:info@ramseypavilionfc.co.uk)



## Ramsey Pavilion FC is back

"Ramsey Pavilion FC has re-established and will be playing Saturday football in the Cambs League from the 2016/17 season.

Formerly a popular Sunday league side, 'The Pavo's' and their famous black and blue stripes will once again be based at Ramsey Cricket Club and play their games at Cricketfield Lane, sharing the pitch with Ramsey Town FC.

### More opportunities

They have big ambitions to engage with the community and provide more opportunities for people to get involved in sport with the help of their sponsors ERMS and Xtreme Events, two local businesses who are right behind them and who share

their vision. With the help of ERMS they have arranged a Sportsman's Dinner with Arsenal, England and Soccer Saturday legend Paul Merson. It promises to be a great event with over 100 tickets already sold. There are still tickets available but they are selling fast.

Their management team, who are all from Ramsey, is in place and are now on the lookout for players, volunteers and other local businesses to join them, help them achieve their goals and to make The Pavo's a success.

If you'd like to be involved in any way contact them on social media or by email to [info@ramseypavilionfc.co.uk](mailto:info@ramseypavilionfc.co.uk).

**ON LINE**

**RAMSEY & WARBOYS REPORTER**

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Tuesday	09:00 - 18:00
Wednesday	09:00 - 18:00
Thursday	09:00 - 18:00
Friday	09:00 - 18:00
Saturday	09:00 - 17:00
Sunday	11:00 - 14:00
	or by appointment

## STRONG START TO 2016 FOR MINIGOLFER STEVE

Ramsey Minigolfer Steve Lovell has started the new year off in fine style with two third place finishes in the English Open at Nottingham and the Midlands Open at Dorridge near Solihull.

Over the winter, Lovell, of Granary Court, changed his grip over the winter period and it already seems to be paying dividends. The English Open saw one of the most exciting last rounds in recent history with four players going under 30, with Steve shooting a 29, ending in a three way playoff for second before eventually securing the bronze. There was also another playoff in Dorridge for third with both Steve and Chris Wood getting a hole in one at the first before Lovell won at the second extra hole.

### Podium places

Steve said, "It has been a great start with a couple of podium places in the first three tournaments. I was lucky to even make the English Open as my car broke down on the A1. I'm challenging at almost every event I play so it will be nice to eventually win a ranking competition at some point soon".

The tour moves onto Worthing, Margate and Wroxham before Steve leads a three man team to Vizela in Portugal for the Nations Cup in the middle of May.



Steve Lovell receiving his third place trophy at Dorridge  
Photo credit: Chris Smith

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